



**5k Road Race
Run & Walk**
*Starting from Butterfield & Vallis,
Orange Valley Road, Devonshire
Sunday July 6th, 2014*

Start times: 8:15am for walkers • 8:30am for runners
Organised by the Mid Atlantic Athletic Club
Sanctioned by the Bermuda National Athletics Association
Timing supplied by Bermuda Timing Systems

ROUTE: Start at Butterfield & Vallis, take left onto Middle Road. Go down the hill and left onto Parsons Lane. Follow Parsons Lane all the way to Palmetto Road. Take left on Palmetto Road and left on Frog Lane. Keep left at the roundabout and go up Montepelier Road and left onto Middle Road. Turn left into Orange Valley and right down into Butterfield & Vallis.

ENTRIES: Return signed entry form below along with correct cash or cheque* to the Sportseller, or enter online at www.racedayworld.com no later than 6.00pm. on FRIDAY JULY 4TH. *Please make cheques payable to MAAC

ENTRY FEES: Juniors - \$15.00 Adults - \$30.00 MAAC members - \$25.00
Gold Club members - \$7.00 (BNAA fee)
ALL FEES INCLUDE A MANDATORY \$7.00 BNAA REGISTRATION FEE

LATE ENTRIES: \$35.00 at race number pick-up at Butterfield & Vallis, Orange Valley between 10am and 12 noon on Saturday July 5th. NO LATE entries on day of event.

N.B. Race numbers and t-shirts should be picked up at Butterfield & Vallis, Orange Valley between 10am and 12 noon Saturday July 5th.

AWARDS Prizes for 1st & 2nd Male & Female runner in - under 18; 18 – 29; 30 – 39; 40 – 49; 50 – 59; 60+; 1st & 2nd Male & Female walker
DRAW PRIZES INCLUDE – TREK HYBRID PEDAL CYCLE FROM WINNERS' EDGE, FITBIT FROM A F SMITH & GIFT VOUCHERS FROM SPORTSELLER

Race Directors: - Kimiko Scotland – 296-0213 & Melissa Logie – 531-4148

Please ensure that your race form is filled out completely and clearly.
HIGHLAND SPRING WATER SUPPLIED BY BUTTERFIELD & VALLIS and
POWERADE SUPPLIED BY JOHN BARRITT & SON LTD.

✂ ----- ✂

ENTRY FORM

Name : (First) _____ (Last) _____ Male ☐ Female ☐

Date of Birth (mm/dd/yy) _____ **Age on race day:** _____

Tick One: ☐ RUNNER ☐ COMPETITIVE WALKER ☐ NON-COMPETITIVE WALKER

Please note: COMPETITIVE WALKERS MUST WALK the entire distance.
If you plan to run at anytime, you MUST enter the run category or enter as a non-competitive walker

Telephone number(s): (H) _____ (Cell) _____ **Email:** _____

Emergency contact name & number on race day: _____

WAIVER: In consideration of your acceptance of this entry in the 2014 Healthy Choice 5K Race & Fitness Walk, I hereby waive and release the Mid Atlantic Athletic Club, Butterfield & Vallis, all Race Officials and Sponsors, the BNAA, Bermuda Timing Systems Ltd and other competitors of any claims for injury or damages incurred during the event.

Waiver must be signed by runner (or parent if participant is under 18 years old) _____