



CHUBB[®]
BERMUDA
TRIANGLE CHALLENGE

OFFICIAL PROGRAMME

JANUARY 17TH - 19TH, 2025

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GOVERNMENT OF BERMUDA

It is with great pride that I welcome participants, supporters, and distinguished guests to the 2025 Chubb Bermuda Triangle Challenge. This event, an eagerly anticipated highlight in Bermuda's sporting calendar, brings together athletes from around the globe to test their endurance and determination against the backdrop of our stunning island.

This year, we are particularly honoured to welcome Lord Sebastian Coe to the Challenge. A true legend in the world of athletics, Lord Coe's achievements as a double Olympic gold medallist and world-record holder have inspired generations. His leadership as President of World Athletics and his pivotal role in delivering the iconic London 2012 Olympic Games have left an indelible mark on global sport. We are delighted to have him join us and share in this celebration of athleticism, community, and international camaraderie.

The Chubb Bermuda Triangle Challenge is more than just a series of races. It is a testament to the enduring power of sport to unite people across diverse backgrounds and cultures. Whether you are a seasoned competitor or a first-time runner, this event provides an opportunity to embrace personal challenges, forge new friendships, and immerse yourself in the unique spirit of Bermuda.

Over the coming days, participants will take on three distinct races: the Butterfield Mile, the BF&M 10K, and the PwC Bermuda Half Marathon or Marathon. For those competing in all three, these are as much about mental resilience as they are about physical endurance.

I would like to take a moment to recognise the dedicated organisers, sponsors, volunteers, and local supporters whose contributions make the Bermuda Triangle Challenge possible. Their commitment ensures not only the smooth running of the event but also that all participants and visitors experience the warm hospitality for which Bermuda is renowned.

To the athletes, I extend my best wishes as you take on this unique challenge. May you find inspiration in the support around you, strength in the journey, and joy in your achievements. To our spectators, whom I will be joining, thank you for your unwavering encouragement—it is your enthusiasm that helps to make this event truly special.

TOM OPPENHEIM MBE

Deputy Governor



GOVERNMENT OF BERMUDA

Dear Friends,

Welcome to the 2025 Chubb Bermuda Triangle Challenge!

Every January, our island buzzes with excitement as athletes, spectators, and supporters come together for this world-class event. From the electric energy of the Butterfield Mile to the endurance displayed in the BF&M 10K and the PwC Bermuda Full and Half Marathons, the Bermuda Triangle Challenge truly showcases the way sport matters to Bermuda.

As Nelson Mandela once said, “Sport has the power to inspire and unite people in a way that little else does.” Whether you’re here to run, cheer, or simply soak in the atmosphere, you are a vital part of what makes this weekend so special.

Events like this don’t happen without the tireless efforts of so many. A huge thank-you goes out to the volunteers who give their time and energy, the sponsors who invest in our community, and the spectators who line the streets to show their support. Your enthusiasm and generosity ensure this event continues to thrive.

The Bermuda Triangle Challenge is more than a series of races. It’s a celebration of togetherness, and the spirit of Bermuda. To the runners—local and international—thank you for inspiring us with your dedication. To the spectators, your cheers of “looking good” fill the race weekend with authentically Bermudian spirit.

Let’s make this another unforgettable year. Good luck to all the participants, and let’s show the world why Bermuda is the ultimate destination for sport and community.

Warm regards,

A stylized, handwritten signature in black ink, appearing to read 'Owen Darrell'.

THE HON. OWEN DARRELL
Minister of Tourism, Culture and Sport



Dear Participants and Spectators of the Bermuda Triangle Challenge (BTC),

The Bermuda National Athletic Association (BNAA) is excited to once again host this world-class event!

World Athletics has an adage that says, “Sports bring people together,” and in this case, the organisers, sponsors, and volunteers have come together to not only make this event possible but to make it spectacular! The Bermuda Triangle Challenge is a prime example of the application of that adage.

The BNAA Board is indebted and appreciative of Chairman Mark Harris and the Bermuda Triangle Committee for their superb organisation of this weekend’s events. The committee worked tirelessly throughout the year to prepare for this event and to ensure it was bigger and better than ever! An example of their determination to improve the event is the introduction of the 5K on Saturday. The 5K is intended to increase first-time participation.

It goes without saying that none of this would be possible if it wasn’t for the incredible support of all the sponsors and volunteers of this event. We greatly appreciate their contributions to this event and the community at large.

I would also like to welcome and thank our guest speaker, Lord Sebastian Coe, World Athletics President and two-time Olympic gold medalist. We are also thankful to have the North American, Central American, and Caribbean (NACAC) President and former Olympian, Mike Sands, here to support the Triangle Challenge. We also recognise and thank Donna Raynor, a World Council member and past BNAA President, for her continued support of BNAA and this event specifically.

On behalf of the BNAA Board, we thank you for your participation and support and hope you will enjoy the weekend’s events.

A handwritten signature in black ink that reads "Freddie Evans". The signature is written in a cursive, flowing style.

DR. FREDDIE EVANS

President of the [Bermuda National Athletic Association](#)



BERMUDA

TOURISM AUTHORITY

Dear Participant,

Welcome to the 2025 Chubb Bermuda Triangle Challenge. Whether you are a visiting run-cationer or a local resident, we are thrilled to welcome you to this extraordinary event.

Since the inception of the Bermuda Tourism Authority in 2014, we have been proud partners of this annual celebration of athleticism, camaraderie, and Bermuda's unparalleled beauty. The Triangle Challenge is not just about the races; it's about bringing people together. This year, like every year, the event draws participants from all backgrounds to our shores.

One of the highlights of the event is the way our island community comes together. Local involvement is woven into the very fabric of the experience, and our renowned Bermudian hospitality will be on full display as you navigate the scenic courses. The Front Street Mile is always a huge draw, where visiting competitors run side by side with locals and a highly competitive youth component.

As you run, you'll be surrounded by views that are breathtaking year-round, whether you're on the coastline, in the heart of the city of Hamilton, or immersed in our lush greenery. We encourage you to embrace every moment of our incredible backdrops. Don't forget to stay hydrated during the races—but be sure to indulge in a little fun at the Bermuda Goslings Rum stops along the way!

While you're here, we hope you'll take full advantage of the island's many offerings. Make sure to add an extra day to your itinerary to explore more of Bermuda's charm and beauty. Our Restaurant Weeks programme is currently underway, offering you a taste of our island's vibrant culinary scene at a great price point. And before you leave, take advantage of our Pink Sale to plan your next visit.

Thank you for being part of this year's Chubb Bermuda Triangle Challenge. We look forward to sharing our unique island spirit with you.

Warm regards,

A black ink handwritten signature, appearing to read 'Tracy Berkeley', written in a cursive style.

TRACY BERKELEY

CEO, Bermuda Tourism Authority



Restaurant Weeks

BERMUDA

Restaurant Weeks returns January 16th - February 16th, 2025

Join us on a culinary adventure and try two-course lunches and three-course dinners, inspired by Bermuda's flavors, traditions, and creative chefs. Whether you're dining in or grabbing takeout, you'll find something to satisfy your cravings and your budget. Prices range from \$35 - \$69.

Visit gotobermuda.com/restaurant-weeks for more information.



BERMUDA
GoToBermuda.com





CHUBB®

On behalf of Chubb, I am delighted to welcome all participants to the Bermuda Triangle Challenge 2025!

As a premier property and casualty insurer, Chubb is dedicated to empowering businesses, families, and individuals to embrace challenges with confidence. We take great pride in sponsoring this remarkable event, which brings together a diverse array of runners from both near and far. The Bermuda Triangle Challenge features a variety of racing formats, ensuring that athletes of every skill level can join in the fun.

It is truly exciting to see such a vibrant group of runners from around the world participating in this race, offering them a unique opportunity to immerse themselves in Bermudian culture while savoring the breathtaking beauty of our island home. We also wholeheartedly celebrate the enthusiastic local participation, which showcases the competitive spirit of our residents and reinforces the enduring strength of the sport in Bermuda.

Thank you for being a part of this incredible event. We wish you all the best in your races!

Sincerely,

A handwritten signature in black ink that reads "Samantha Froud". The signature is fluid and cursive.

SAMANTHA FROUD
Chief Administration Officer
Bermuda Operations



Stay The Course.

Proud sponsor of the
2025 Bermuda Triangle Challenge.

Best of luck to all participants!

chubb.com

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Welcome

For more than 25 years, the Butterfield Mile has attracted international and local competitors and energetic supporters to Front Street, and we are delighted to return for another year as the event sponsor.

Whichever race you are running in the Chubb Bermuda Triangle Challenge, we know the enthusiasm and encouragement of the Bermudian crowd will help power you to the finish line. The atmosphere is truly something special, and we hope our own 'runner' Vern will use it to fly to the finish in first place at the new Mascot Race. Give Vern a wave and a cheer if you see them!

We wish all the runners much success and thank everyone involved in making this event happen.

Good luck!

Butterfield

butterfieldgroup.com



Supporting the Community

Here for the Long Run

(and middle distance too).

Proud sponsor of the
2025 Butterfield Mile.



butterfieldgroup.com





On behalf of all at BF&M, I would like to extend a very warm welcome to all the participants in the 2025 Chubb Bermuda Triangle Challenge. As a leading health insurer and wellness partner in Bermuda, we are proud to be the lead sponsor of the 5K and 10k Run and Walk—races which draw participation from many members of our community.

With three wonderful but challenging events and strong local community support, the Bermuda Triangle Challenge is a major event on the running calendar. To all visitors, in addition to your running experience we hope you are able to enjoy the beauty of our island home and experience the enthusiasm of local running fans.

We thank you for your participation in the Bermuda Triangle Challenge and wish you much success in your race(s).

Sincerely,

A stylized handwritten signature in black ink, consisting of a large 'A' followed by a dot and a flourish.

ABIGAIL CLIFFORD

Group President and Chief Executive Officer
BF&M Limited

Love your life.

With **BF&M** you can.

Insurance gives you the confidence to live life as you should, knowing you're protected.

That's why at BF&M, we're proud to help protect what matters most. It's also why we're proud to sponsor the BF&M 5K and 10K Run & Walk as part of the 2025 Chubb Bermuda Triangle Challenge—so you can keep running and keep on loving life.





PwC Bermuda is delighted to welcome you to the 2025 Chubb Bermuda Triangle Challenge (BTC).

As the leading professional services firm on the island, PwC is proud to be the title sponsor of the PwC Bermuda Marathon, Half Marathon, and Half Marathon Relay. We are thrilled to be part of this international running celebration that has been a hallmark of Bermuda's success for nearly five decades.

The PwC Bermuda Marathon and Half Marathon have always offered participants of all ages, abilities, and fitness levels the chance to challenge themselves both physically and mentally while enjoying the beauty of our island.

The addition of the PwC Half Marathon Relay has been an exciting enhancement to the weekend's activities, allowing even more participants to experience this truly special event. We are excited to continue supporting the growth of this event and look forward to supporting local runners and welcoming visiting runners, their families, and friends to Bermuda.

See you at the Starting Line!

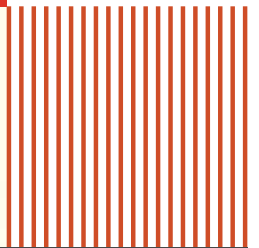
ANTHONY FELLOWES
PwC Bermuda, Director



pwc

Proud sponsor of the

PwC Bermuda Marathon, Half Marathon and Half Marathon Relay



Go the distance!





Runners, family, friends, and fans,

The 2025 Bermuda Triangle Challenge is shaping up to be one of the best yet, and on behalf of Global Atlantic Re, I would like to extend an enthusiastic welcome to Bermuda and the island's signature race! The courses are scenic, the competition is strong, and the environment is sure to be electric.

The Bermuda Triangle Challenge traces its roots back to 1975, when seven competitors ran what was then known as the Bermuda International Marathon. Nearly five decades later, the Bermuda Triangle Challenge has grown to become a high-profile experience for running enthusiasts from around the world, boasting multiple fantastic and challenging events in one of the most extraordinary racing environments imaginable.

Bermuda-based Global Atlantic Re, a leading reinsurance provider, is an active member of the island community and a proud sponsor of this year's Bermuda Triangle Challenge.

To all visitors, we hope you get the most out of your tourism and running experience, while also making time to enjoy everything Bermuda and its unique culture has to offer.

We thank you for your participation and wish you tremendous success in your race(s)!

Sincerely,

DARRYL HERRICK

Managing Director & Co-Head of Reinsurance
Global Atlantic Financial Group



Inspired by Bermuda's winning spirit

Global Atlantic Financial Group and Global Atlantic Re are proud to support Bermuda's rich culture and thriving community as a sponsor of the Bermuda Triangle Challenge. We welcome all the athletes and wish them the best.

A leading provider of retirement and life insurance reinsurance solutions.

globalatlantic.com



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A warm welcome from Aspen to everyone taking part in, and supporting, the Bermuda Triangle Challenge of 2025!

Aspen is a proud member of the Bermuda community, and we are delighted to be back as the sustainability partner for this wonderful event.

Sustainability is at the heart of the Bermuda Triangle Challenge, and at Aspen we are committed to playing our part in building a sustainable future and supporting the communities in which we operate.

To all the runners and the organizers, from all of us at Aspen, we wish you a safe, successful, and sustainable event!

Best wishes,

ADAM BARBOZA

Vice President, Corporate Social Responsibility
Aspen Group



Aspen is proud to sponsor
the 2025 Bermuda
Triangle Challenge.

Good luck to
everyone!





On behalf of Keep Bermuda Beautiful (KBB),

I am delighted to welcome you to the 2025 Chubb Bermuda Triangle Challenge! Tighten your laces and prepare to take on this incredible event. We hope you are inspired by the natural beauty of our island home. Bermuda is known for its turquoise waters, pink sand beaches, and vibrant culture, and we are proud to play a role in preserving its charm for future generations.

We are thrilled to join this year's event, promoting proper waste disposal and ensuring recycling is handled effectively. We encourage everyone to consider the 5 R's:

1. RETHINK your personal habits.
2. REFUSE single-use plastic.
3. REDUCE the amount of waste you generate.
4. REUSE eco-friendly reusable products as often as possible.
5. RECYCLE tin, aluminium, and glass.

KBB is leading the way to a cleaner, greener, and more beautiful Bermuda for all. With decades of experience leading environmental initiatives, our mission is to engage individuals and communities in reducing waste, preventing litter, and embracing sustainable practices. Through education and action, we strive to foster positive behavioural change and improve the well-being of our community.

This journey is one we cannot take alone. We are deeply grateful to our donors, volunteers, and community members who have been instrumental in advancing our mission. Their dedication and commitment inspire us daily, just as we know your commitment to this challenge will inspire others.

As you run through Bermuda's scenic landscapes, we encourage you to take in the island's natural beauty and join us in our ongoing efforts to protect it. Together, we can ensure that Bermuda remains a paradise for locals and visitors alike.

Runners, take your marks... get ready... set... GO! May your journey through the 2025 Chubb Bermuda Triangle Challenge be as rewarding as the destination.

ANGEL SMITH

Executive Director

Keep Bermuda Beautiful (KBB)

CLIMATE IMPACT

A new era of risk fueled by climate volatility is marked by increased severity of natural catastrophes.

Disruption creates new opportunities to be resilient. Guy Carpenter can show you how.

A NEW ERA OF RISK. A NEW ERA OF INNOVATION.

Welcome Runners

ZipX is proud to be the **Official Courier Service** of the 2025 Chubb Bermuda Triangle Challenge! We're thrilled to play a role in ensuring this year's swag – including the incredible medals – arrived safely on island, just in time to be well-earned by all the participants.

Whether you're tackling one race or all three, you'll experience the thrill of friendly competition, take in Bermuda's stunning scenery, and feel the energy of the island's most enthusiastic fans. It's no wonder this weekend remains one of Bermuda's most celebrated sporting events.

ZipX joins the organisers in extending heartfelt gratitude to everyone who makes this event possible.

Happy running!
Your friends at ZipX

zipx





ZipX: The Gold Standard in Delivery

ZipX delivers with speed, precision, and a winning edge.

As the Official Courier Service of the 2025 Chubb Bermuda Triangle Challenge, we're proud to support this incredible event and its participants. Best of luck to everyone taking on the challenge — we're cheering you on to the finish line!



SUSTAINABILITY INITIATIVE

The Chubb Bermuda Triangle Challenge is proud to announce that its 2024 series of events achieved certification from the Council for Responsible Sport!

The Council's rigorous four-year certification process tracks and documents event performance in five areas of social and environmental responsibility:

- Planning and communications
- Procurement
- Resource Management
- Access & Equity
- Community Legacy

The Chubb Bermuda Triangle Challenge could not have achieved this certification – the first of its kind in Bermuda – without the support of many sponsors and community partners, including Aspen Bermuda Limited, the race's Official Sustainability Partner, as well as Butterfield & Vallis, Bermuda Craft Brewing, Keep Bermuda Beautiful, the Corporation of Hamilton, the Bermuda Zoological Society, and Recycle Bermuda.

We look forward to working with our partners, sponsors, the Council for Responsible Sport, and YOU – our participants – over the next three years to improve our sustainability and reduce our environmental footprint!

As one of the largest sporting events on the island, we want to keep making meaningful changes in how we run our event in an effort to reduce our climate impacts, both locally and abroad (where many of our products are sourced), while also making nature-positive contributions to Bermuda's environment.

We invite you to join us on our journey to make the Chubb Bermuda Triangle Challenge a race

that is both fun and sustainable – that way you can come back and enjoy it in the future, the way so many others have. Below you'll find information on how we're helping participants go green, as well as how we're holding ourselves accountable.

If you see anything highlighted in bold pink, this is an action you can take before you arrive, or something to remember while you're here that will help us achieve our goals!

Planning & Communications

Improving the sustainability of a 3-day race weekend requires careful planning and consistent communication with participants, vendors, and members of the local community.

- Our event produces an entirely digital event programme to reduce paper waste. This online format allows participants and spectators easy access to course maps, race start times, and other important information about race weekend events.
- All of the races in the Chubb Bermuda Triangle Challenge weekend have been planned to minimise impact on the local environment. No permanent infrastructure needs to be constructed; many of the start/finish lines are located close to the official race hotel; group transportation is available to/from other host hotels; and existing water/sewage infrastructure is utilised where available.
- Prior to the start of the race weekend, the Executive Committee notifies the public and members of the local community of upcoming road closures via notices in the local paper, letters/emails to local businesses and churches that will be impacted, and announcements on the race's social

media pages. The road closure notices are also made public via the Official Event Programme.

- The event's Sustainability Initiative is communicated in the Official Event Programme, pre-event newsletters, and via social media to encourage participants to take part before, during, and after the event.
- A post-event survey is sent to all participants to solicit feedback on how to improve the event for the following year, and this feedback goes to our sponsors and the Executive Committee! **Please fill this out – your comments help us improve!**

Procurement

What we buy matters. And, although we are limited because we have to import most of our products, we can still choose to make more sustainable purchases and work with vendors to help create a longer-term, consistent demand for these items.

- The Official Event Programme, Volunteer Guide, and Butterfield Mile Programme are all produced digitally and available online versus printed and handed out at the respective events.
- Beginning in 2024, our event features participant t-shirts, volunteer t-shirts, and participant and volunteer jackets produced by Scimitar and made from recycled sustainable fabric. We're proud to partner with Scimitar, as they also embrace [sustainability practices](#) throughout their corporate value chain.
- Also in 2024, in response to feedback that our awards contained too much plastic, we debuted NEW awards made from a 100% renewable, sustainable resource: coconuts! They were a big hit and are returning for 2025!
- Much of the signage used throughout the weekend, such as the mile markers, sponsor

banners, and Expo/Number Pick-up Signage, is designed to be reusable year after year.

- In addition to their "swag bag," participants also receive access to a Virtual Race Bag filled with discounts to local restaurants and merchants, reducing the need for paper coupons and flyers at number pickup. **The Virtual Race Bag is NEW & IMPROVED this year! You will receive a QR code that gives you special access in an e-newsletter the week before the race. This QR code will also be available at many locations throughout the Expo/Number Pick-up. There are discounts to restaurants, local attractions, clothing and specialty shoe stores, and MORE! Don't miss out!**
- In 2024 we debuted a new ["Where to Eat"](#) page on our website highlighting some of the restaurants that regularly feature local produce and seafood on their menus. **Dining at these restaurants is a great way for participants to support local farmers, bakers, and fishermen, which helps Bermuda reduce its dependence on imported goods. New restaurants have been added for 2025!**
- All event signups and registrations take place online, including purchases for Pre-Race Pasta Dinner tickets, shuttle tickets, and race registrations. In addition, all participant communication takes place digitally.
- All vendors at the Chubb Bermuda Triangle Challenge Expo are local businesses, many of them female and/or minority-owned.

Resource Management

We should all be mindful of ways to reduce our waste production, energy usage, and water consumption – and this is particularly true for those of us living on a small island! Making smarter choices in these areas will also help reduce our carbon footprint, which means better choices for the future as well.

- For 2025, the Chubb Bermuda Triangle Challenge has contracted with a local waste management company and developed a more efficient waste management plan that (with your help!) will increase the percentage of waste that is diverted to recycling and compost facilities.
- At the Finish Festivals you will see signs designating separate bins for recyclables (tin, aluminum, and glass), general waste, and compostables. Remember, plastic is not recyclable in Bermuda; however, it does go to the Tynes Bay waste-to-energy facility, where production supports Bermuda's energy grid. **Please pay attention to the signs to ensure your rubbish and recyclables go into the appropriate bins!**
- For 2025, compostable cups will be used at water stops throughout the event weekend. These cups meet the current highest standards for composting, as they are certified "home compostable" by TÜV Austria, a certification body authorised by European Bioplastics that awards its logo in compliance with the EN13432-2000 standard throughout the European market.
- In addition, for compostable cups and all other compostable materials (i.e., food scraps), we have sourced TÜV Austria-certified "home compostable" bin bags that can be disposed of in the Marsh Folly Composting Facility. These will be used at the water stops and Finish Festivals on Saturday and Sunday.
- **We encourage you to bring your own reusable water bottles to carry throughout the weekend when you're not running.** This small action discourages the purchase of single-use plastics on the island and prevents plastic waste.
- **Speaking of water, remember it is a limited resource here on the island. Do your best to help us conserve water by turning off the tap when you brush your teeth, taking shorter showers, and not asking for hotel linens to be washed unless absolutely necessary.**
- Goslings will be serving their rum-based cocktails in recyclable aluminum cans during the Finish Festivals on Saturday and Sunday.
- Bermuda Craft Brewing will be offering aluminum cups for participants to enjoy their craft beers in during the Finish Festivals on Saturday and Sunday.
- A concerted effort is made to donate excess shirts and race gear from previous years to local charity and youth sports organisations.
- Finally, participants are given the option to calculate their **carbon footprint** and offset their travel-related carbon emissions by purchasing certified emission reductions from a variety of **UN-certified projects** around the world.

Access & Equity

We believe that running has the ability to create positive change, both environmentally and socially. It is important to all of us at the Chubb Bermuda Triangle Challenge that our events are inclusive and all participants feel welcome.

- The Chubb Bermuda Triangle Challenge is run under the auspices of the Bermuda National Athletics Association and abides by their **guidelines** pertaining to access and equity.
- As an event, the Chubb Bermuda Triangle Challenge does not discriminate on the basis of race, colour, creed, ethnicity, gender, gender expression, age, national origin (ancestry), religion, disability, marital status, sexual orientation, or military status among any of its participants, community partners, sponsors, or vendors.
- For the 2025 event, we are partnering with Alchemy Fitness Studio, the official gym of the Chubb Bermuda Triangle Challenge, to provide discounted gym memberships for BTC participants.

- As the Chubb Bermuda Triangle Challenge is an event run under the auspices of the Bermuda National Athletics Association, it also serves as a major fundraising activity for BNAA's Youth Track & Field Programme, which provides scholarships to some of Bermuda's young, talented athletes to attend regional and international competitions such as CARIFTA and the Island Games.
- Beginning in 2025, the Chubb Bermuda Triangle Challenge will offer a 10% discount on registration for participants 65 and older (classified as retirement age) and 18 and younger (classified as student age) to promote more equity among age group participation by taking into account possible economic considerations.
- We also hope that our event supports local businesses and brings money into the local economy. All of the vendors at the Chubb Bermuda Triangle Challenge Expo are local businesses, and we promote local merchants, restaurants, and food suppliers in our virtual race bag and on the "[Where to Eat](#)" page of our website. Many small businesses are booked as entertainment along the race courses and at the Finish Festivals on Saturday and Sunday.
- Participants are invited to run in support of one of multiple local charities, or they can choose to support a charity that supports a cause close to their heart. Donations can be made online during the registration process. Participants can learn more by visiting the "[Fundraising](#)" page of our website.

Community Legacy

We know the work doesn't end when you cross the finish line! As a local race, it is important to us that our event leaves a positive social, economic, and environmental contribution to the community.

- A big part of our sustainability initiative is a "legacy project" that we've started with the support of Aspen Bermuda Limited in partnership with the [Bermuda Zoological Society \(BZS\)](#). In December 2021, BZS launched their [Micro Forest Project](#) modeled on work conducted by renowned Japanese botanist Akira Miyawaki. His method is now used around the world to grow urban forests that promote native biodiversity and the creation of valuable carbon sinks. In the near future, a new Micro Forest location will be debuted along the PwC Bermuda Marathon route. This community initiative, in addition to being a part of the wider BZS Micro Forest Project, will provide an opportunity for Chubb Bermuda Triangle Challenge participants and volunteers to give back to the local community by helping to clear, reforest, and maintain the plot.





CHUBB
BERMUDA
TRIANGLE CHALLENGE

SCHEDULE

JANUARY 17TH - 19TH, 2025

DATE	TIME	EVENT	LOCATION
FRIDAY January 17th	10:00am - 6:00pm	Packet Pick-Up, Late Registration & Race Expo	Hamilton Princess, 76 Pitts Bay Rd.
	6:30pm	Performance by The Royal Bermuda Regiment Band	Front Street, Hamilton
	6:45pm	Butterfield Mascot Race	Front Street, Hamilton
	7:00pm	Butterfield Mile (1st race in The Chubb Bermuda Triangle Challenge Series)	Front Street, Hamilton
SATURDAY January 18th	9:00am	BF&M Bermuda 10k Run (2nd race in The Chubb Bermuda Triangle Challenge Series)	National Sports Centre, Prospect, Devonshire (North Field)
	9:05am	BF&M Bermuda 5k Run	National Sports Centre, Prospect, Devonshire (North Field)
	9:10am	BF&M Bermuda 10k & 5k Walk	National Sports Centre, Prospect, Devonshire (North Field)
	9:00am - 12:00pm	Finish Festival	National Sports Centre, Prospect, Devonshire (North Field)
	10:15am	Awards Presentation	National Sports Centre, Prospect, Devonshire (North Field)
	3:00pm - 5:00pm	Full/Half Marathon and Half Marathon Relay Packet Pick-Up & Late Registration	Hamilton Princess, 76 Pitts Bay Rd.
	6:00pm - 8:00pm	Pre-Race Pasta Dinner Hosted and Presented by Global Atlantic Re	Hamilton Princess, 76 Pitts Bay Rd.
SUNDAY January 19th	7:00am	PwC Bermuda Marathon (3rd race in The Chubb Bermuda Triangle Challenge Series - Full Challenge)	Start Location: Royal Naval Dockyard Finish Location: Barr's Bay Park
	9:00am	PwC Bermuda Half Marathon (3rd race in The Chubb Bermuda Triangle Challenge Series - Half Challenge) and PwC Bermuda Half Marathon Relay	Start/Finish Location: Barr's Bay Park, Hamilton
	9:00am - 3:00pm	Finish Festival	Barr's Bay Park, Hamilton
	11:30am	PwC Bermuda Marathon, PwC Bermuda Half Marathon, and PwC Half Marathon Relay Awards Presentation and Chubb Full Challenge and Chubb Half Challenge Awards Presentation	Barr's Bay Park, Hamilton

INTERVIEW WITH LORD SEBASTIAN COE

Lord Sebastian Coe is our guest speaker for the 2025 Chubb Bermuda Triangle Challenge Pre-Race Pasta Dinner, hosted and presented by Global Atlantic Re on Saturday, January 18th | 6-8pm at the Hamilton Princess & Beach Club.



Sebastian Coe, Baron Coe, is a British sports administrator, former politician, and retired middle-distance track and field athlete. He is a two-time Olympic gold medalist in the 1500 metres (1980, 1984) and set 12 world records during his athletic career. Known for his iconic rivalries with Steve Ovett and Steve Cram, his 800-metre world record stood for 16 years.

After retiring, Coe became a Conservative MP (1992–1997) and a Life Peer in 2000. He chaired the London Organising Committee for the 2012 Olympics and has served as President of World Athletics (formerly IAAF) since 2015. A key figure in global athletics, Coe was inducted into the IAAF Hall of Fame and continues to champion sports development and education.

1. WHAT WAS THE MOST CHALLENGING RACE FOR YOU AND WHY/HOW WAS IT CHALLENGING?

Cross-country is such an important ingredient for developing middle- and long-distance athletes. Coping with the physical and mental demands of any discipline is very important. So, any cross-country race was and should be challenging.

2. WHAT DO YOU DO OR SAY TO YOURSELF WHEN YOU ARE STRUGGLING DURING A RACE – HOW DO YOU GET THROUGH THE TOUGH TIMES?

Just remind yourself of all the hard work that has led up to this moment however hard going the race may be.

3. WHAT ARE YOUR TOP 3 TIPS FOR A SUCCESSFUL RACE?

Preparation, preparation, preparation.

4. WHAT LIFE LESSONS HAS RUNNING TAUGHT YOU?

Nothing lasting is achieved over night.

5. DO YOU THINK THE 2-HOUR BARRIER WILL BE OFFICIALLY BROKEN IN THE MARATHON?

Yes, and possibly quicker/sooner than people think.

6. WHAT ADVICE DO YOU HAVE FOR THE NEXT GENERATION OF ATHLETES?

Understand who comes before you and often the adversity they overcame.

7. WHAT MAKES YOU HAPPY?

Running.

EXPO HALL VENDOR BOOTHS & RACE-RELATED INFORMATION

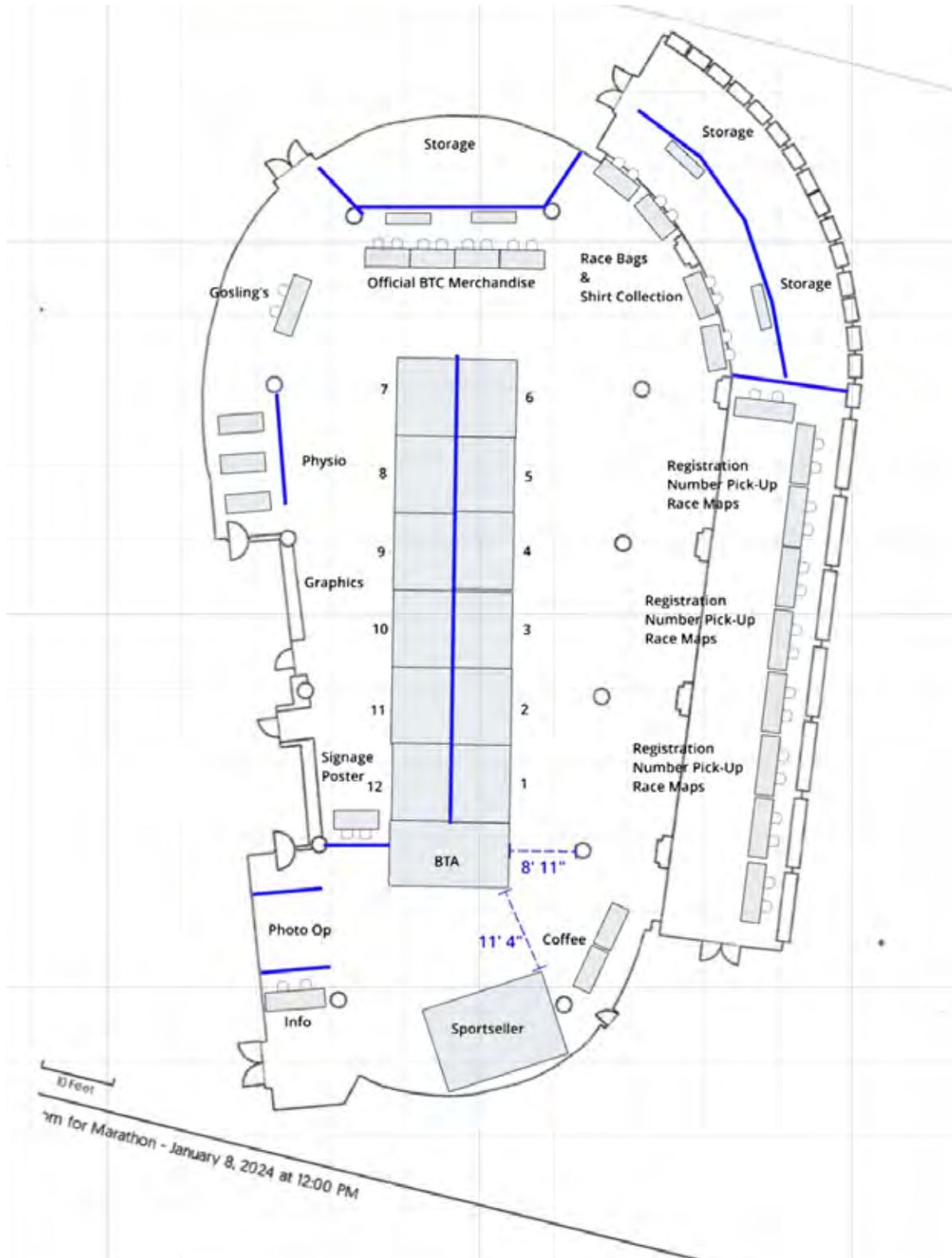
VENDOR BOOTHS

- Dreamscape Designs: dreamscapedesignsbda.com
- Marathon Tours: marathontours.com
- Bermuda Bookstore: bookstore.bm
- Bermuda Rum Cakes: bermudarumcakes.com
- Oatbelievable: [Instagram](#)
- Della Valle Sandals: della-valle-sandals.myshopify.com
- MAAC: maac.bm
- The Booth: [Instagram](#)
- Ems Gems: [Instagram](#)
- BNAA Merchandise: athleticsbda.com
- Tony Bean Photography: tabfotos.com/page5.html
- Sportseller: [Instagram](#)

RACE-RELATED BOOTHS

- Chubb Bermuda Triangle Challenge Information
- Chubb Bermuda Triangle Challenge Transportation
- Bermuda Tourism Authority
- Bermuda Timing - Late Registration and Number Pick up all races
- Race Maps and Information
- Official BTC Merchandise
- Goslings: goslingslimited.com
- Physiotherapy
- Chubb Bermuda Triangle Challenge Signage Wall
- Chubb Bermuda Triangle Challenge Photo Wall

EXPO HALL MAP



VIRTUAL RACE BAG VENDOR LIST & OFFERS

VENDOR	OFFER/DISCOUNT	VALID DATES	REDEMPTION DETAILS
L'Oriental	10% off food and beverage purchases	Jan 15-22	Show race bib
La Trattoria	10% off food and beverage purchases, dine-in only	Jan 15-22	Show race bib
BUEI	"Guest member for a day" package: \$65 family bundle (2 adults + up to 3 kids), \$3 off adult admission, 10% off gift shop, 10% off Harbourfront Restaurant	Jan 15-22	Coupon in Virtual Race Bag or redeem in person
BermudAir	20% off flights booked in January	Until Jan 31	Use code BDATRIANGLE20
National Museum of Bermuda	Pay one full price admission, get second at 50% off	Jan 15-31	Admission: \$18 adults, \$15 seniors, children under 16 free
Sportseller	10% discount on all merchandise (except Garmins)	Jan 17-25	Available at Expo or storefront in Washington Mall
Della Valle Sandals	10% off handcrafted sandals	Jan 16-20	Show race bib or mention Chubb Bermuda Triangle Challenge
The Booth	One-time use coupon for 20% off purchases	Jan 15-22	Coupon in Virtual Race Bag
Marathon Tours & Travel	Free tech running beanie	Jan 17-19	Sign up for Seven Continents Club® (SCC) or visit Expo booth
Bermuda Bistro at the Beach	15% off food and beverage	Jan 15-20	Show race bib
Swizzle Inn	10% off food purchases	Jan 15-21	Show race bib
JC's Cafe	10% off food or dessert across all three locations	Jan 15-20	Show race bib
KAUR Products	Free ProBar	Jan 15-21	Visit Natural Mystic Hub Health Store (56 Reid Street) and show race bib
Bermuda Bonfires	10% off your first bespoke bonfire experience	Jan 15-22	Valid for bookings made during the promotion period
Bermuda Bookstore	10% off one-time purchase (some exclusions apply)	Jan 15-22	Show race bib, proof of registration, or finish results
Dockside Pub & Restaurant	10% discount on meals	Jan 14-22	Show race bib
Vitality Infusions	Pre-Race Drip with up to 3 Additives and Post Race Drip - Individual \$299 or for a group of 3 people or more - \$150 per person for Pre and Post Race Drip	Jan 15-22	Coupon in Virtual Race Bag

SCAN BELOW TO ACCESS YOUR

VIRTUAL RACE BAG



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- The Rt. Wor. Charles R. Gosling, JP,
Mayor of Hamilton

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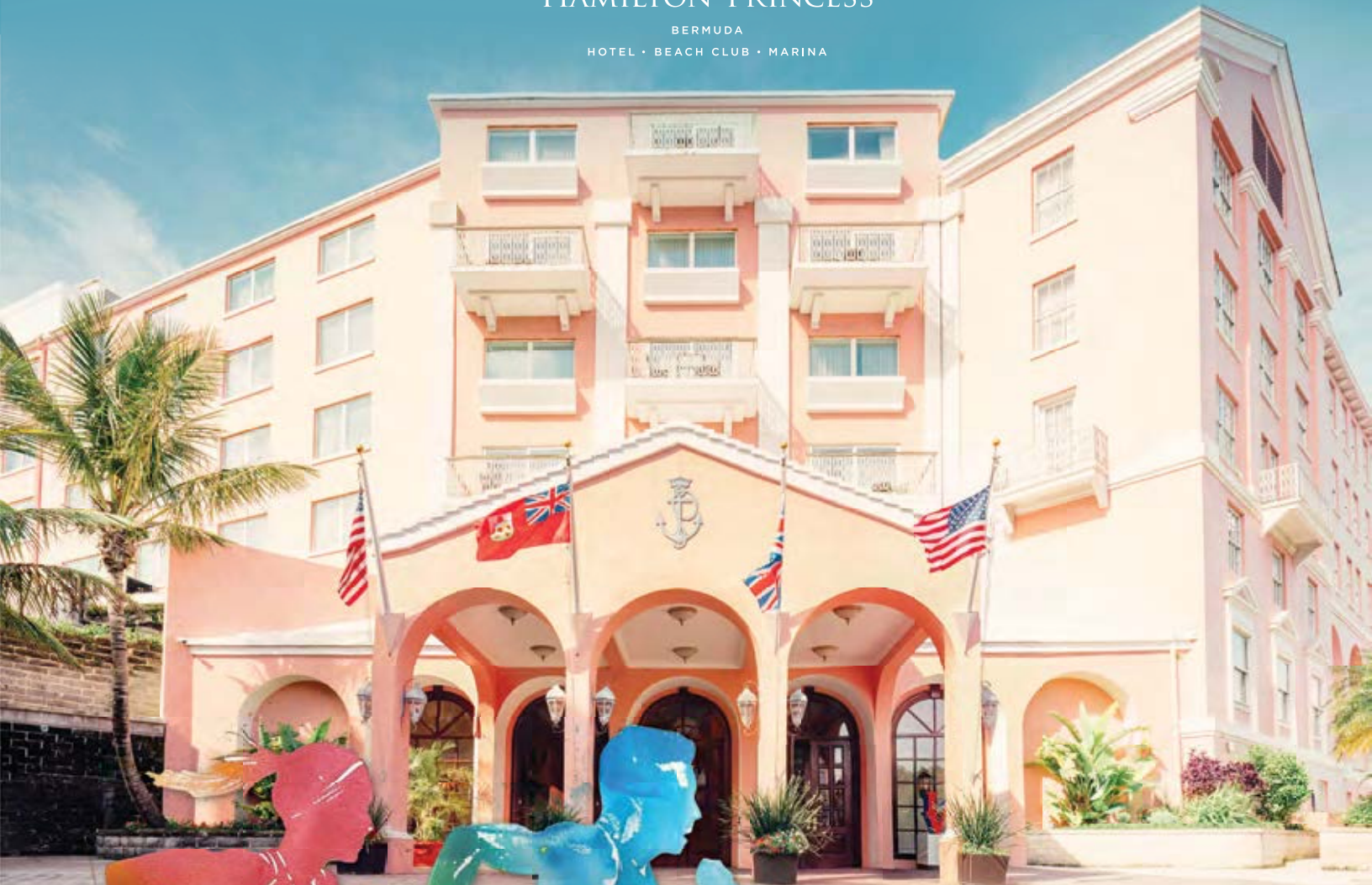




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CONGRATULATIONS TO ALL THE ATHLETES

At the Hamilton Princess & Beach Club, we admire the strength and commitment to being the best and achieving one's goals.

Every day we are dedicated to turning hospitality into something more than just a service with our commitment to turn moments into special memories for our guests.

PROUD SPONSOR OF THE 2025 CHUBB
BERMUDA TRIANGLE CHALLENGE

www.thehamiltonprincess.com

THE CHUBB BERMUDA TRIANGLE CHALLENGE

Participants in this daring event will try to survive while running '3 races in 3 days': a Mile, a 10k, and either a Full Marathon or Half Marathon. Participants will complete the Butterfield Mile on Friday, January 17th starting in un-seeded waves. The participants will then join the field for the BF&M 10k Run & Walk on Saturday, January 18th, and either the PwC Bermuda Marathon or PwC Bermuda Half Marathon on Sunday, January 19th. The female and male runners with the lowest accumulated time will be declared the winner. Those participants running the Chubb Bermuda Triangle Challenge [Mile, 10k, and Marathon] will be scored separately from those running the Chubb Bermuda Triangle Half Challenge [Mile, 10k, and Half Marathon].

YOUR RACE NUMBER

Please remember that your race number has been assigned to you exclusively and should not be used by anyone else. Wear your race number bib so that it is clearly visible to race officials who need to be able to see it. Your race number bib is the same for all three events. ***Please fill in medical information on the back of your race number bib.***

TIMING

The finish line will be very well marked by an overhead banner. The official time will be displayed on a clock at the finish line. Your timing chip is embedded in your race number and does not have to be returned. Please be very careful not to bend or fold your race number as this can affect your timing chip. ***You MUST wear your race number for all three races of The Chubb Bermuda Triangle Challenge to be included and scored in the series results.***

THE FINISH AREA

After crossing the finish line, listen to the instructions of the race officials. You will receive your race medal in the finishing area of each event after you walk through the finishing chute.

If you participated in the Chubb Bermuda Triangle Challenge event on Sunday, January 19th, you will also receive your Chubb Bermuda Triangle Challenge medal in addition to your PwC Bermuda Marathon or PwC Bermuda Half Marathon medal. Medical support, restrooms, and refreshments will also be available after leaving the finish chute.

FLUIDS AND POST RACE REFRESHMENTS

The Chubb Bermuda Triangle Challenge will offer ample Dasani water and Powerade to participants on all of the courses and at the finish areas.

FINISH FESTIVAL

After you have completed your race and gone through the finishing chute area please join us at our Finish Festivals, on Saturday at the infield of the North Field of the Bermuda National Sports Centre, and on Sunday at Barr's Bay Park, Hamilton. Here you can reunite with family and friends and enjoy light food and beverages (both alcoholic and non-alcoholic). There will also be merchandise for sale (accepting cash or Visa and Mastercard credit cards) and music from a resident DJ. You will have earned some well-deserved down time to celebrate your achievement!

MEDICAL ATTENTION

The Chubb Bermuda Triangle Challenge will be supported by medical volunteers of St. John Ambulance Bermuda with both stationary and mobile medical support. There will be ambulances patrolling the courses to assist you. In addition, the Bermuda Red Cross will also help and provide support to St. John Ambulance for the PwC Bermuda Marathon, PwC Bermuda Half Marathon, and PwC Bermuda Half Marathon Relay.

Please be sure to complete the medical information form on the back of your race number bib and notify your family/friends of your race number. Note: The medical area

is off limits to everyone but those requiring medical attention. If you are having difficulty and need medical attention, please notify a course marshal, a volunteer at a hydration station, or another race official who will be happy to assist you.

The King Edward VII Memorial Hospital is centrally located at 7 Point Finger Road, in Paget. Telephone Number: 441-236-2345.

RESULTS

Your unofficial results will be emailed to you after the race. Results can be found on the Chubb Bermuda Triangle Challenge website results page: bermudatrianglechallenge.com/results

Results will also be posted at: bermudatiming.com and in The Royal Gazette newspaper.

AWARDS

BUTTERFIELD MILE

The Butterfield Invitational Mile Awards will be presented immediately following each race in the following categories for both males and females: 1st through 3rd for Elite, 10 years and under (7 years to 10 years – minimum age of 7 years), 13 years and under (11 years, 12 years, and 13 years), 17 years and under (14 years, 15 years, 16 years, and 17 years), and Adult.

Cash prize awards (overall, for both male and female races, no age group)

1st place: \$500
2nd place: \$250
3rd place: \$100

If the winner of the elite men's mile breaks 4 minutes, there is a prize of \$10,000. If the winner of the elite women's mile breaks 4:25, there is a prize of \$10,000.

****There are no Awards presented for the Bermuda Triangle Challenge and Open Mile sections of the Butterfield Mile.***

BF&M 10K RUN/WALK

BF&M 10k Run cash prize awards will be presented in the following categories: male and female runners overall (no age group):

First place: \$500

Second place: \$250

Third place: \$100

There will be no cash awards for age group winners, or for the non-competitive 10k walk. Age group awards will be made available for the 10k run for both male and female runners in the following categories: 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

PWC BERMUDA HALF MARATHON

PwC Bermuda Half Marathon cash prize awards will be presented in the following categories: male and female overall (no age group):

First place: \$500

Second place: \$250

Third place: \$100

There will be no cash awards for age group winners. Age group awards will be made available for both male and female runners in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

PWC BERMUDA MARATHON

PwC Bermuda Marathon cash prize awards will be presented in the following categories: male and female overall (no age group):

First place: \$500

Second place: \$250

Third place: \$100

There will be no cash awards for age group winners. Age group awards will be made available for both male and female runners in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

THE CHUBB BERMUDA TRIANGLE CHALLENGE

The times for your three days of racing will be added together and the male and female with the lowest accumulated time will be crowned the champion. Awards will be presented in both the 2025 Chubb Bermuda Triangle Half Challenge and the 2025 Chubb Bermuda Triangle Full Challenge categories for male and female overall (no age group), with cash prizes as follows:

First place: \$500

Second place: \$250

Third place: \$100

There will be no cash prizes for age group winners. Age group awards will be made available for both males and females in the Half and Full Challenges in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

****Note: Awards must be collected and will not be mailed unless arranged with the event organisers.***

FINISHERS CERTIFICATES

Once the results are deemed official, you can obtain an official Finisher Certificate for each event that you completed by choosing the “certificate” option from the upper left when you view your results page. Once you click on this, you will have the option to share your Finisher Certificate on social media (“X” or Facebook), send it via text message or email, or print it. Your results page also contains all your photographs from the 2025 Chubb Bermuda Triangle Challenge, which you can view and download. As previously mentioned, the results page can be found on the Chubb Bermuda Triangle Challenge website:

bermudatrianglechallenge.com/results

APPEALS

No appeal against the decision of the race organizers will be heard unless it is received via email by the Race Director on the day of the event before:

- Butterfield Mile - 10:00pm
- BF&M 10k Run/Walk - 11:00am
- PwC Bermuda Marathon and PwC Bermuda Half Marathon - 2:00pm

POST RACE COMMENTS

Your post-race comments are appreciated and should be sent to us at: bermudatrianglechallenge@gmail.com



MARATHON TOURS & TRAVEL

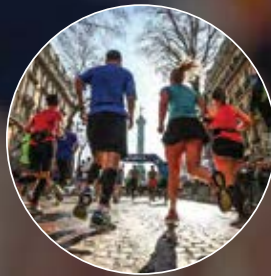
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BUTTERFIELD MILE INSTRUCTIONS

PLEASE READ CAREFULLY

START

The Butterfield Mile will start at 7:00pm on Friday, January 17th.

The first race will be the Challenge and Open Miles for participants in those divisions. These races start together in waves and will be completed before the start of the Butterfield Invitational Miles which are started and finished by the following categories for both males and females: Elite, 10 years and under (7 years to 10 years – minimum age of 7 years), 13 years and under (11 years, 12 years, and 13 years), 17 years and under (14 years, 15 years, 16 years, and 17 years), and Adult.

The starting area for runners doing the Half or Full Challenge, or the Butterfield Mile Open Division, will open at approximately 6:00pm. Runners will be required to be in the starting area by 6:40pm. The starting time for runners in wave 1 will be at 7:00pm, with each successive wave starting every 4-5 minutes afterwards. Announcements will be made at 6:15pm for participants to take their positions in the start area.

The start will be under the control of the starter and his assistant whose announcements prior to the start will be made by a powered megaphone. ***Due to the time constraints involved in a multi-race format event, all competitors should RUN the mile. Walking is not encouraged except in the case of an injury mid race.***

BUTTERFIELD MILE ROUTES

In order to eliminate the figure 8 cross-over for the runners participating in the Chubb Bermuda Triangle Challenge or the Butterfield Mile Open Division, the (wave) starting line will be west of Burnaby Street. This starting line will be clearly marked. Wave participants will assemble in the

No. 1 Car Park. The number pick up for the Chubb Bermuda Triangle Challenge and the Butterfield Mile Open Division mile runners will be at the Packet Pick-Up, Late Registration & Race Expo at the Hamilton Princess Hotel on Friday, January 17th, from 10:00am to 6:00pm.

The elite and invitational (school and adult) mile runners will start east of Burnaby Street and will run the mile course as originally designed. This starting line will be clearly marked. The number pick up for the elite and invitational (school and adult) mile runners will be at Pier 6 Lower Passenger Terminal on Front Street, Hamilton, on Friday, January 17th, from 6:00pm onwards.

BIB NUMBERS

All participants are required to wear their bib numbers on the front. If you are not wearing a bib number, you will not be allowed to cross the finish line. Please do not place safety pins through the tear off strip at the bottom of your bib number. Please do not bend or fold your bib number as a timing device has been attached to the back of your bib number which may be damaged if bent or folded. Please be sure to complete the medical information form on the back of your race number bib and notify your family/friends of your race number.

RUNNER BAGS

Chubb Bermuda Triangle Challenge mile runners and Mile Open Division runners may choose to leave their bags in the bag drop off points, using the bag tags which come with your race number bib and can be detached. Bag drop off points will be clearly marked.

For the elite and invitational (school and adult) mile runners, bag drop off will be at Pier 6 Lower Passenger Terminal on Front Street, Hamilton.

Volunteers will be managing the bag drop off points, but neither the Bermuda National Athletics Association, nor the Corporation of Hamilton, will be held responsible for the security of your bags. Bags and clothing not collected by 10:00pm will be donated to local charities.

FINISH

The Butterfield Mile finish will be in front of The Bank of N.T. Butterfield Bank on Front Street.

MEDALS

Commemorative finishers medals for participants will be presented in the finish area as you leave the finish chute.

MARKERS

There will be ¼ miles marked on the left side [surface] of the road.

HYDRATION STATION

There will be a hydration station at the end of the finish chute. Dasani water and Powerade will be available at the hydration station.

TOILETS

Toilet facilities will be available on Front Street near the start of the Chubb Bermuda Triangle Challenge and Butterfield Mile Open Division runner wave start and end of the Butterfield Mile finish chute, close to the No. 1 Car Park. There will also be toilet facilities available near the Hamilton Ferry Terminal.

BUTTERFIELD MILE AWARDS

The Butterfield Invitational Mile Awards will be presented immediately following each race in the following categories for both males and females: 1st through 3rd for Elite, 10 years and under (7 years to 10 years – minimum age of 7 years), 13 years and under (11 years, 12 years, and 13 years), 17 years and under (14 years, 15 years, 16 years, and 17 years), and Adult.

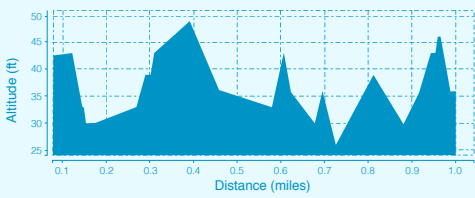
****Note: Awards must be collected and will not be mailed unless arranged with the event organisers.***



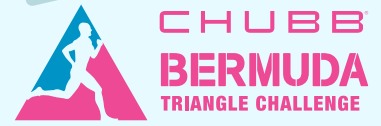
START

FINISH

Total elevation of 16 feet and total descent of 23 feet

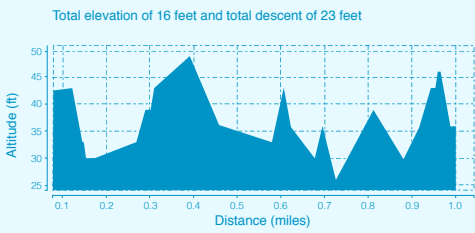
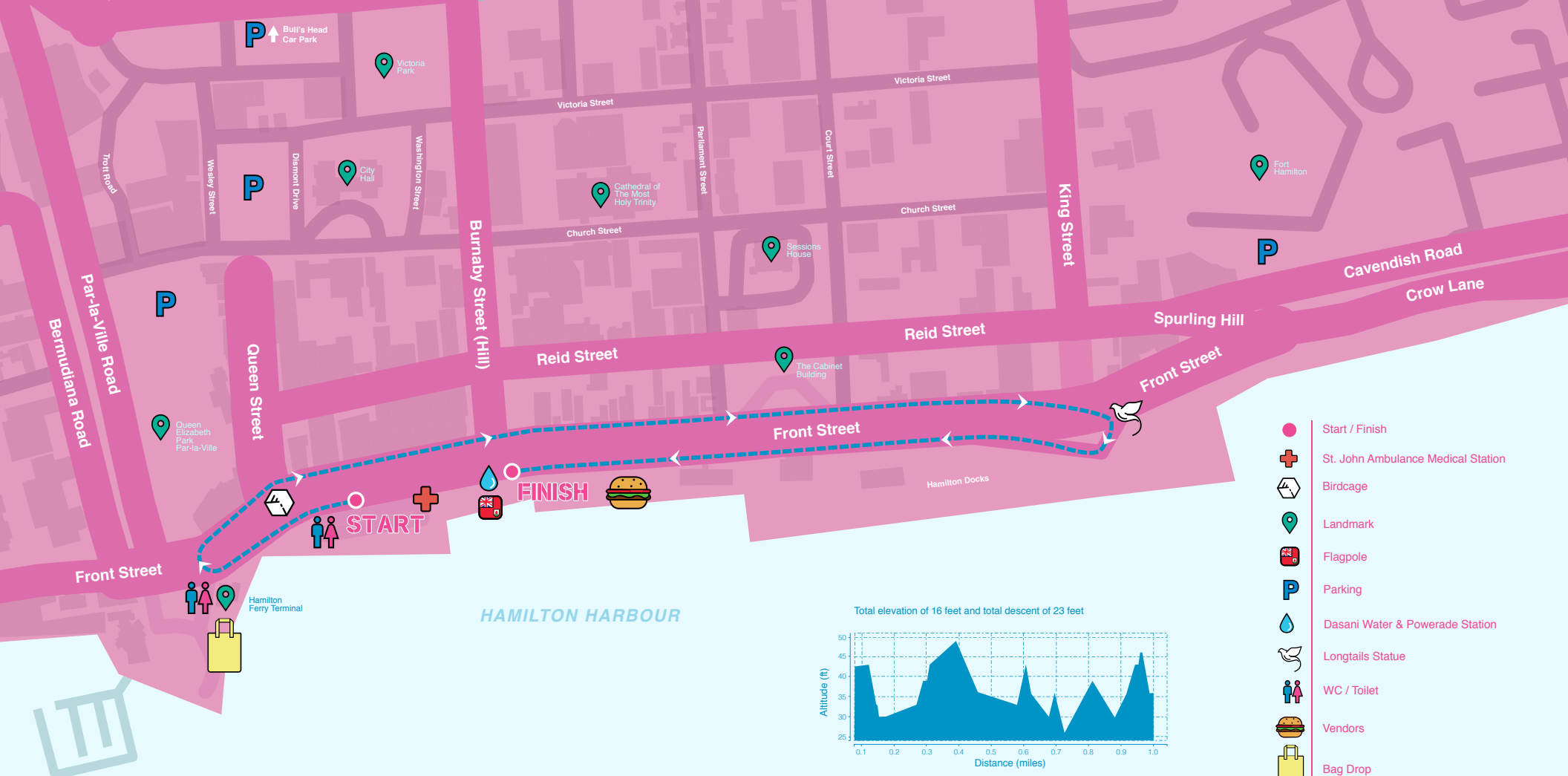


- Start / Finish
- St. John Ambulance Medical Station
- Birdcage
- Landmark
- Flagpole
- Parking
- Dasani Water & Powerade Station
- Longtails Statue
- WC / Toilet
- Vendors
- Bag Drop

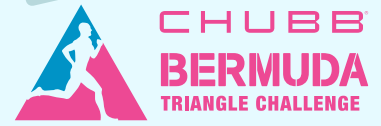


BUTTERFIELD MILE - ELITE, YOUTH & LOCAL QUALIFIERS

For More Information Visit:
bermudatrianglechallenge.com



- Start / Finish
- St. John Ambulance Medical Station
- Birdcage
- Landmark
- Flagpole
- Parking
- Dasani Water & Powerade Station
- Longtails Statue
- WC / Toilet
- Vendors
- Bag Drop



CHALLENGE MILE & BUTTERFIELD MILE - OPEN DIVISION

For More Information Visit:
bermudatrianglechallenge.com



BE PART OF THE FUN AT THE NEW 2025

MASCOT RACE

AT THE BUTTERFIELD MILE

FRIDAY JANUARY 17, 2025 AT 6:45PM

(RIGHT AFTER THE ROYAL BERMUDA REGIMENT BAND PERFORMANCE)

Get ready to join Butterfield's beloved mascot Vern, for an exciting dash down Front Street! Starting at the Bermuda Bistro at the Beach and finishing at the Flag Pole (approximately 200 metres), this is your chance to show off your speed and costume creativity.

Race Details:

- All participants must be in costume.
- Prizes awarded to the top 3 finishers!

Mascots:

- Alongside Vern, prepare for special appearances by the Warwick Bear, Sammy the Knight, Felix the Road Safety Turtle, Torch the Dragon, Sparky the Dog and more!

Burnaby Street (Hill)

Chancery Lane



Front Street

FINISH

Front Street



No.5 Car Park



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Pier 6

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BUTTERFIELD MILE - VENDORS

BUTTERFIELD MILE MALE ELITE ATHLETES

RACE NUMBER	FIRST NAME	LAST NAME	COUNTRY
1	Dage	Minors	Bermuda
2	Sam	Knee-Robinson	Ireland
3	Marcel	Aubry	Canada
4	Peter	Brady	USA
5	Christian	Harrison	USA
6	Elias	Graca	USA / Cape Verde
7	Daniel	Chruniak	USA
8	Zaven	O'Bryant	USA
9	Brendan	Carter	USA
10	Jordan	Schilit	USA
11	Danny	Cosgrove	USA
12	Ryan	Irwin	USA
13	Ben	Claridge	Great Britain
14	Andrew	Wacker	USA
15	Ryan	Outerbridge	Bermuda

BUTTERFIELD MILE FEMALE ELITE ATHLETES

RACE NUMBER	FIRST NAME	LAST NAME	COUNTRY
21	Catherine	Riihiluoma	USA
22	Gayle	Lindsay	Great Britain
23	Carrie	Furnari	USA
24	Ellie	Stevens	Great Britain
25	Molly	Applegate	USA
26	Gina	McNamara	USA / Malta
27	Kara	Haas	USA
28	Emma	Spencer	USA
29	Christina	Vergara-Aleshire	USA
30	Anna	Vess	USA
31	Sydney	Leiher	USA
32	Brett	Ely	USA
33	Kelly	Babcock	USA
34	Mikayla	Schneider	USA
35	Karley	Rempel	Canada
36	Talia	Brookstein-Burke	USA
37	Rolanda	Bell	Panama
38	Amy	Piccolo	Canada / USA
39	Ashley	Sanderson-Snyder	Great Britain

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runners—enjoy the journey!



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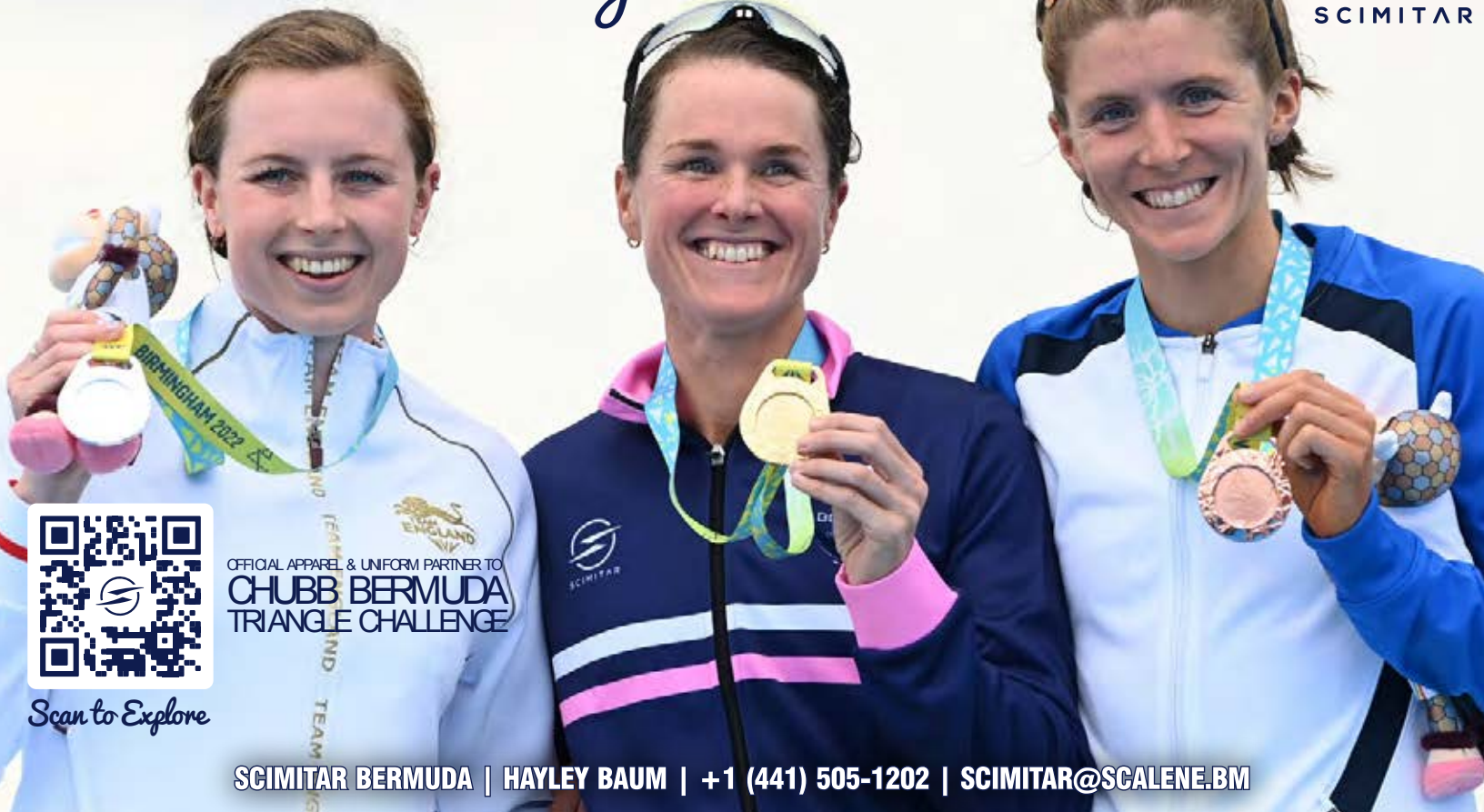
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BF&M 10K RUN/WALK INSTRUCTIONS

PLEASE READ CAREFULLY

START

The BF&M 10k Run will start at 9:00am and the BF&M 10k Walk will start at 9:10am on Saturday, January 18th.

Participants are required to be in the start area on Frog Lane outside the Bermuda National Sports Centre no later than 8:40am for the 10k run and 8:50am for the 10k walk.

Time announcements will be made at 8:30am for participants to take their positions in the start area. The start will be under the control of the starter and his assistant whose announcements prior to the start will be made by a powered megaphone.

As this is a self-seeding event, it is requested that the slower runners and walkers start behind the runners.

BF&M 10K ROUTE

Participants commence on Frog Lane to Montpelier Road to Middle Road, then left onto Middle Road to Flatts Hill, and then left onto North Shore Road. After the roundabout at the bottom of Barkers Hill, participants take a left onto Palmetto Road. While on Palmetto Road, participants turn left onto Frog Lane and continue as directed to the finish line inside the North Field of the Bermuda National Sports Centre.

BIB NUMBERS

All participants are required to wear their bib numbers on the front. If you are not wearing a bib number, you will not be allowed to cross the finish line. Please do not place safety pins through the tear off strip at the bottom of your bib number. Please do not bend or fold your bib number as a timing device has been attached to the back of your bib number which may be damaged if bent or folded. Please be sure to complete the medical information form on the

back of your race number bib and notify your family/friends of your race number.

RUNNER BAGS

Participants may choose to leave their bags in the check bag tent, using the bag tags which come with your race number bib and can be detached. Volunteers will be managing the check bag tent, but neither the Bermuda National Athletics Association, nor the Bermuda National Sports Centre, will be held responsible for the security of your bags. Bags and clothing not collected by 11:30am will be donated to local charities.

FINISH

The BF&M 10k Run/Walk finish line and Finish Festival is within the running track inside the North Field of the Bermuda National Sports Centre. Restrooms are located near the finish chute. At the Finish Festival, you can reunite with family and friends and enjoy light food and beverages (both alcoholic and non-alcoholic). There will also be merchandise for sale (accepting cash or Visa and Mastercard credit cards) and music from a resident DJ. You will have earned some well-deserved down time to celebrate your achievement!

MEDALS

Commemorative finishers medals for participants will be presented in the finish area as you leave the finish chute.

BF&M 10K RULES OF THE ROAD

For approximately the first 2 ¼ miles, participants are allowed use of the full width of the road. At the Middle Road / Verdmont Road junction, participants will be directed to the left side of the centre line. From this point, participants must remain on the left side of the centre line through the remainder of the race until Frog Lane where participants will be directed to the right side of the centre line in preparation for entering the North Field of the Bermuda National Sports Centre and finish area.

Safety - After the first approximately 2 ¼ miles, participants must stay on the left side of the centre line as traffic may be traveling in the opposite direction on the other side of the road.

MILE MARKERS

Each mile will be marked on the left side [surface] of the road.

HYDRATION STATIONS

There will be two (2) hydration stations on the BF&M 10k Run/Walk course at approximately 3 miles (located at the bus stop on Middle Road near the Whitney Institute Middle School) and approximately 4 miles (located at the bus stop on North Shore Road near the junction to Jennings Road). Dasani water and Powerade will be available at each hydration station.

TOILETS

Toilet facilities will be available in the Start Area and Finish Area of the North field of the Bermuda National Sports Centre. There will also be portable toilets along the course, and these will be available at approximately 3 miles and approximately 4 miles, next to the hydration stations.

BF&M 10K RUN/WALK AWARDS

Awards will be presented at the conclusion of the BF&M 10k Run/Walk on the infield stage at approximately 10:15am.

There will be no cash awards for age group winners, or for the 10k walk. Age group awards will be made available for both male and female runners in the following categories:
12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

****Note: Awards must be collected and will not be mailed unless arranged with the event organisers.***

A group of runners in various athletic gear running on a paved road. The runners are in motion, with their legs and feet visible. They are wearing different colored shorts and shoes, including blue, purple, black, and red. The background is slightly blurred, showing more runners and a clear sky.

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**Good luck to all the participants of
the Bermuda Triangle Challenge 2025!**

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BF&M 5K RUN/WALK INSTRUCTIONS

PLEASE READ CAREFULLY

NEW FOR 2025!

All new for the 2025 Chubb Bermuda Triangle Challenge will be the BF&M 5k Run/Walk on Saturday, January 18th. This event has been added in response to feedback received from participants over the last few years asking for a 5k. We're excited to be able to offer a 5k as part of the weekend's running events, as it is another way of making the Chubb Bermuda Triangle Challenge more inclusive for people at all stages of their fitness journey.

•Please note: The BF&M 5k Run/Walk is a stand-alone event and does not count as part of the full or half Chubb Bermuda Triangle Challenge.

START

The BF&M 5k Run will start at 9:05am and the BF&M 5k Walk will start at 9:10am.

Participants are required to be in the start area on Frog Lane outside the Bermuda National Sports Centre no later than 8:45am for the 5k run and 8:50am for the 5k walk.

Time announcements will be made at 8:30am for participants to take their positions in the start area. The start will be under the control of the starter and his assistant whose announcements prior to the start will be made by a powered megaphone.

As this is a self-seeding event, it is requested that the slower runners and walkers start behind the runners.

BF&M 5K ROUTE

Frog Lane to Montpelier Road to Middle Road until participants reach Parsons Lane. From there, participants will take a left on Parsons Lane and run/walk up Barkers Hill, through the scenic Ocean View Golf Club, until they reach

the Bermuda Railway Trail. Here, participants will take a right onto the Bermuda Railway Trail for a brief out and back, giving all participants a bird's eye view of the Atlantic Ocean, before continuing west on the Bermuda Railway Trail to join the 10k course on Palmetto Road. Follow Palmetto Road and then turn left onto Frog Lane and continue as directed to the finish line inside the North Field of the Bermuda National Sports Centre.

BIB NUMBERS

All participants are required to wear their bib numbers on the front. If you are not wearing a bib number, you will not be allowed to cross the finish line. Please do not place safety pins through the tear off strip at the bottom of your bib number. Please do not bend or fold your bib number as a timing device has been attached to the back of your bib number which may be damaged if bent or folded. Please be sure to complete the medical information form on the back of your race number bib and notify your family/friends of your race number.

RUNNER BAGS

Participants may choose to leave their bags in the check bag tent, using the bag tags which come with your race number bib and can be detached. Volunteers will be managing the check bag tent, but neither the Bermuda National Athletics Association, nor the Bermuda National Sports Centre, will be held responsible for the security of your bags. Bags and clothing not collected by 11:30am will be donated to local charities.

FINISH

The BF&M 5k Run/Walk finish line and Finish Festival is within the running track inside the North Field of the Bermuda National Sports Centre. Restrooms are located near the finish chute. At the Finish Festival, you can reunite with family and friends and enjoy light food and beverages (both alcoholic and non-alcoholic). There will also be merchandise for sale

(accepting cash or Visa and Mastercard credit cards) and music from a resident DJ. You will have earned some well-deserved down time to celebrate your achievement!

MEDALS

Commemorative finishers medals for participants will be presented in the finish area as you leave the finish chute.

BF&M 5K RULES OF THE ROAD

For approximately the first 1 ¼ miles, participants are allowed use of the full width of the road. At the Middle Road / Parsons Lane junction, participants will be directed to the left side of the centre line. From this point, with the exception of the Railway Trail, when on the road, participants must remain on the left side of the centre line of the road through the remainder of the race until Frog Lane where participants will be directed to the right side of the centre line in preparation for entering the North Field of the Bermuda National Sports Centre and finish area.

Safety - After the first approximately 1 ¼ miles, participants must stay on the left side of the centre line as traffic may be traveling in the opposite direction on the other side of the road.

MILE MARKERS

Each mile will be marked on the left side [surface] of the road and the Bermuda Railway Trail.

HYDRATION STATIONS

There will be one (1) hydration station on the BF&M 5k Run/Walk course at approximately 1 ¾ miles. Dasani water and Powerade will be available at the hydration station. The hydration station is manned by volunteers and will be located at the top of Barkers Hill, by the entrance to the Ocean View Golf Club.

TOILETS

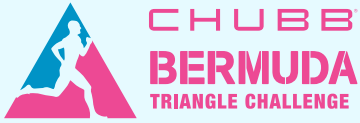
Toilet facilities will be available in the Start Area and Finish Area of the North field of the Bermuda National Sports Centre. There will be no portable toilets along the 5k course.

BF&M 5K RUN/WALK AWARDS

Awards will be presented at the conclusion of the BF&M 5k Run/Walk on the infield stage at approximately 10:15am.

There will be no cash awards for age group winners, or for the 5k walk. Age group awards will be made available for both male and female runners in the following categories:
10-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

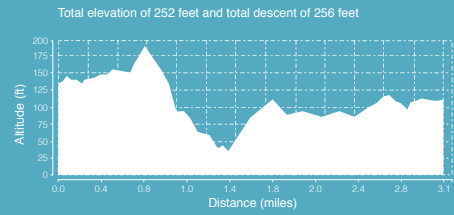
****Note: Awards must be collected and will not be mailed unless arranged with the event organisers.***



BF&M 5K RUN & WALK ROUTE

- Start / Finish
- Ⓜ Mile Marker
- 💧 Dasani Water & Powerade Station
- 🚻 WC / Toilet
- 🏠 St. John Ambulance Medical Station (will follow along route)
- 📍 Landmark

NORTH SHORE



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Command Centre

Physio

Bag Drop/
Information
Centre

Toilets

Meeting/
Drop off area

VENDORS

VENDORS

Prizes

St. Johns Ambulance
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FINISH

FINISH

Walker Corral

5K Corral

10K Corral

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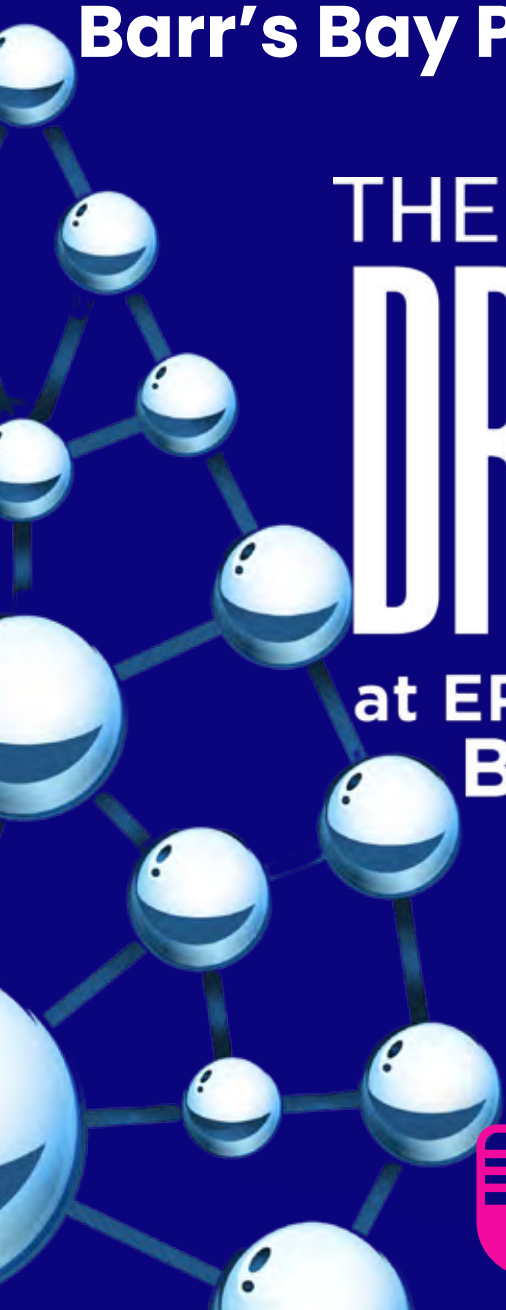
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PwC BERMUDA MARATHON INSTRUCTIONS

PLEASE READ CAREFULLY

GETTING TO THE START

The PwC Bermuda Marathon will start at the historic Royal Naval Dockyard.

A ferry will be provided to take marathon runners from Hamilton to the Royal Naval Dockyard. The ferry will leave Albuoy's Point in Hamilton (which is located next to the Hamilton Ferry Terminal) at 5:30am sharp on Sunday, January 19th. The journey is about 30 minutes, and the boat will arrive at the Royal Naval Dockyard at approximately 6:00am. Runners participating in the PwC Bermuda Marathon are encouraged to take the ferry. The ferry service is free to all marathon runners who present their runner bib number at Albuoy's Point. ***Please do not be late for the ferry!***

If you are not planning to take the free ferry service, and you wish to make your own way to the Royal Naval Dockyard, there are parking facilities there and areas to disembark (if you are coming by taxi or bus).

At the Royal Naval Dockyard, there will be toilet facilities, refreshments in the form of Dasani water, Powerade, coffee and pastries, and a bag drop area

RUNNER BAGS

Marathon participants may choose to leave their bags (using the bag tags which come with your race number bib and can be detached) in a truck located at the North Lawn at the Royal Naval Dockyard adjacent to the PwC Bermuda Marathon start line. All bags must be handed over to the bag drop area no later than 6:40am. The truck will then transport all runner bags to the Finish Area at Barr's Bay Park in Hamilton for runners to collect after they have completed the race. Volunteers will be managing the check bag truck and tent areas, but neither the Bermuda National Athletics Association, West

End Development Corporation, nor the City of Hamilton, will be responsible for the security of your bags. Bags and clothing not collected by 2:00pm will be donated to local charities.

START TIME FOR THE PwC BERMUDA MARATHON: 7:00AM

Runners are asked to be in the Start Area no later than 6:45am.

Time announcements and final instructions will be given at the start, so it is important to be present. The start will be under the control of the starter and his assistant whose announcements prior to the start will be made using a powered megaphone. It is requested that slower runners and walkers start behind the faster runners.

PwC BERMUDA MARATHON ROUTE

The marathon participants will commence at Camber Road and participants will travel in a northeasterly direction to Dockyard Terrace, then an easterly direction to Maritime Lane, a westerly direction to Smithery Lane, and then a westerly direction along Clock Tower Parade to Freeport Drive. Marathon participants will then travel westerly towards Cross Island, where they will travel in a clockwise direction around Cross Island before travelling in a westerly direction along Pender Road to Cockburn Road. Marathon participants then turn south on Craddock Road and then travel in a westerly direction along Craddock Road, then travel in a westerly direction along Lagoon Road, then turn south on Heydon Road and travel in a westerly direction along Heydon Road. Marathon participants will then travel in a westerly direction along Malabar Road, then travel in a westerly direction along Mangrove Bay Road to Beacon Hill junction. From there, marathon participants will turn south on Beacon Hill Road and travel towards the Bermuda Railway Trail, then travel in a southerly direction along the Bermuda Railway Trail to the junction with Somerset Road near Somerset Bridge, then travel in a westerly direction across Somerset Bridge to Middle Road, then travel in a westerly direction

along Middle Road to Overplus Lane, then turn at the Bermuda Railway Trail and travel in an easterly direction along the Bermuda Railway Trail to Tribe Road 5, then turn and travel in a westerly direction along Tribe Road 5 to Middle Road. The marathon participants will continue in an easterly direction along Middle Road to the junction at Whale Bay Road, then travel in an easterly direction along the Bermuda Railway Trail to Frank's Bay and the Middle Road junction, then travel in an easterly along Middle Road until reaching the junction with South Road. Then the marathon participants will cross over from the Middle Road east bound lane to South Road east bound lane at this junction, then travel in an easterly direction through Parishes Southampton, Warwick, Paget (crossing over from the east bound lane to the west bound lane in front of the Bermuda College before proceeding on to the Bermuda Railway Trail in Paget, entering the Bermuda Railway Trail from the Bermuda Railway Trail pedestrian crossing at Paget and exiting the Bermuda Railway Trail on to the east bound lane at South Road before the South Road Roundabout), Devonshire, and Smiths along South Road, until reaching Devil's Hole Hill and South Road junction. From there, the marathon participants will then travel in a westerly direction along Devil's Hole Hill to Harrington Sound Road, then travel in a westerly direction along Harrington Sound Road to Middle Road near Flatt's Village and North Shore Road, then travel in a westerly direction along North Shore Road to Spanish Point Road. Once they reach Spanish Point Road, the marathon participants will then travel in a southerly direction along Spanish Point Road to St John's Road then travel in a southerly direction to Pitt's Bay Road, then travel in a southerly direction along Pitt's Bay Road and then finish at Barr's Bay Park, at the City of Hamilton.

BIB NUMBERS

All marathon participants are required to wear their bib numbers so that it is clearly visible to the race officials. If you are not wearing a bib number, you will not be allowed to cross the

finish line. Do not place safety pins through the tear off strip at the bottom of your bib number. Please do not bend or fold your bib number as a timing device has been attached to the back of your bib number which may be damaged if bent or folded. Please be sure to complete the medical information form on the back of your race number bib and notify your family/friends of your race number.

PwC BERMUDA MARATHON RULES OF THE ROAD

From the Royal Naval Dockyard to the Middle Road junction with South Road, with the exception of the Bermuda Railway Trail, when on the road, marathon participants must always be on the left side of the centre line of the road. From the Middle Road junction with South Road to South Road opposite the Bermuda College, the marathon participants will continue to run on the left side of the centre line of the road. At the Bermuda College junction on South Road, marathon participants, under the instructions of the road marshals, will then cross over from the east bound lane to the west bound lane before proceeding on to the Bermuda Railway Trail in Paget, entering the Bermuda Railway Trail from the Bermuda Railway Trail pedestrian crossing at Paget and exiting the Bermuda Railway Trail on to the east bound lane at South Road before the South Road Roundabout. The west bound lane closure to the Point Finger junction on South Road will be under Bermuda Police Service control. From the South Roundabout at South Road, the marathon runners will move back to the left side of the center line and join the half marathon and half marathon relay participants. The rest of the roads will not be closed to vehicular traffic but will be patrolled by Bermuda Police Service officers who will stop/divert traffic where necessary. Traffic will be traveling in the opposite direction to the race. In some instances, marathon participants may also encounter vehicular traffic traveling in the same direction.

•Note: Marathon participants are strongly advised not to cut corners on the road bends as there may be danger from oncoming vehicular traffic. Further, by doing so, they may render themselves liable to disqualification. Please follow the directions of the Bermuda Police Service officers and course marshals.

CUT-OFF TIME – 6 HOURS!

We are required to keep to a strict schedule on the total time allowed to complete the PwC Bermuda Marathon, to adhere to Bermuda Police Service road safety instructions. The cut-off time for the marathon is 6 hours, which is a pace per mile of approximately 13.44 minutes. If you cannot stay ahead of this pace, you will be required to move onto the side of the road and make use of the sidewalks available to complete the event. Race officials and the Bermuda Police Service will not be able to ensure your safety, and you will be running the event at your own risk after this cut-off time.

MILE MARKERS

Each mile will be marked on the left side [surface] of the road and the Bermuda Railway Trail.

WALKING

At some point, perhaps through tiredness, cramp, blisters, etc., you may be forced to walk. If this happens to you, please move over to the side of the road or Bermuda Railway Trail to allow runners to overtake.

DROPPING OUT

If you need to drop out, you should make your way to the nearest hydration station, give them your running bib number and they will notify a race official. The race official will ensure your details are passed on to the Information Point at the finish. If you require medical assistance, St. John Ambulance will be alerted and will come to your attention.

If you do not require medical assistance, you will be dropped off at the Finish Area at Barr's Bay Park, where you will be able to retrieve your runner bags and make your onward journey. Alternatively, you can make your own way back to the Finish Area using public transport providers (buses or taxis), although there will be a fee for such services.

HYDRATION STATIONS

Dasani water bottles and Powerade cups will be available at approximately: 2 miles, 3.6 miles, 4.9 miles, 6.5 miles, 8.5 miles, 10 miles, 11.25 miles, 12.6 miles, 13.8 miles, 16.1 miles, 17.7 miles, 18.7 miles, 19.7 miles, 20.6 miles, 22.1 miles, 23.4 miles, and 24.4 miles.

At each hydration station, either Dasani water served in cups or Dasani water bottles (11oz) will be available first and then Powerade energy drinks will be served in paper cups. Please be prepared to pick up your own bottles and cups. Hydration stations will remain open based on a 13.44 minute per mile pace, which equates to a 6-hour marathon time.

GU GEL STATIONS

GU Gel Stations will be available at approximately: 14 miles, 18.7 miles, and 22.1 miles.

GU Gel Stations will remain open based on a 13.44 minute per mile pace, which equates to a 6-hour marathon time.

GOSLINGS RUM STOPS

Goslings Rum Stops (yes, you read that right, we have rum stops for the PwC Bermuda Marathon with Bermuda's finest rum from Goslings) will be available at approximately: 18.7 miles and 23.4 miles.

Goslings Rum Stops will remain open based on a 13.44 minute per mile pace, which equates to a 6-hour marathon time.

TOILETS

Toilet facilities will be available at the Start Area of the PwC Bermuda Marathon, at the Royal Naval Dockyard, and at the Finish Area, at Barr's Bay Park in Hamilton. There will also be portable toilets along the course, and these will be available at approximately: 3.6 miles, 6.5 miles, 8.8 miles, 12.6 miles, 14 miles, 16.1 miles, 18.7 miles, 20.7 miles, 22.1 miles, and 24.4 miles.

MEDALS

Commemorative finishers medals for marathon participants will be presented in the Finish Area at Barr's Bay Park as you leave the finish chute.

PwC BERMUDA MARATHON AWARDS

PwC Bermuda Marathon awards will be presented at 11:30am at Barr's Bay Park, in Hamilton.

PwC Bermuda Marathon cash prize awards will be presented in the following categories: male and female overall (no age group):

First place: \$500

Second place: \$250

Third place: \$100

There will be no cash awards for age group winners. Age group awards will be made available for both males and females in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

***Note: Awards must be collected and will not be mailed unless arranged with the event organisers.**



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PwC BERMUDA HALF MARATHON INSTRUCTIONS

PLEASE READ CAREFULLY

GETTING TO THE START

The PwC Bermuda Half Marathon will start on Pitt's Bay Road, near Barr's Bay Park and at the entrance to the Hamilton Princess Hotel, in Hamilton.

Barr's Bay Park, in Hamilton, is the official Start Area and Finish Area for the event. Barr's Bay Park will be open to all participants from 7:30am on Sunday, January 18th.

At Barr's Bay Park, there will be toilet facilities, refreshments in the form of Dasani water and Powerade, and a bag drop area.

RUNNER BAGS

Half marathon participants may choose to leave their bags (using the bag tags which come with your race number bib and can be detached) at the bag drop tent area located at Barr's Bay Park. All bags must be handed over to the bag drop no later than 8:40am to allow you enough time to get to the start. Volunteers will be managing the bag drop tent area, but neither the Bermuda National Athletics Association, nor the City of Hamilton, will be responsible for the security of your bags. Bags and clothing not collected by 2:00pm will be donated to local charities.

START TIME FOR THE PwC BERMUDA HALF MARATHON: 9:00AM

Runners at Barr's Bay Park will be escorted to the Start Area by race officials no later than 8:40am.

Time announcements and final instructions will be given at the start, so it is important to be present. The start will be under the control of the starter and his assistant whose announcements prior to the start will be made using a powered megaphone. It is requested that slower runners and walkers start behind the faster runners.

PwC BERMUDA HALF MARATHON ROUTE

Half marathon participants will commence at the entrance of the Hamilton Princess Hotel, on Pitt's Bay Road. Participants will travel in an easterly direction through the City of Hamilton, then easterly along Crow Lane, and southerly along Trimmingham Road toward South Road. From there, half marathon participants will then travel in an easterly direction along South Road, until they reach Devil's Hole Hill and South Road junction. From there, the half marathon participants will then travel in a westerly direction along Devil's Hole Hill to Harrington Sound Road, then travel in a westerly direction along Harrington Sound Road to Middle Road near Flatt's Village and North Shore Road, then westerly along North Shore Road to Spanish Point Road. Once they reach Spanish Point Road, the half marathon participants will then travel in a southerly direction along Spanish Point Road to St John's Road, southerly to Pitt's Bay Road, then in a southerly direction along Pitt's Bay Road to finish at Barr's Bay Park in the City of Hamilton.

BIB NUMBERS

All half marathon participants are required to wear their bib numbers so that it is clearly visible to the race officials. If you are not wearing a bib number, you will not be allowed to cross the finish line. Do not place safety pins through the tear off strip at the bottom of your bib number. Please do not bend or fold your bib number as a timing device has been attached to the back of your bib number which may be damaged if bent or folded. Please be sure to complete the medical information form on the back of your race number bib and notify your family/friends of your race number.

PwC BERMUDA HALF MARATHON RULES OF THE ROAD

With the exception of the start line at the entrance to the Hamilton Princess Hotel to the Bird Cage in the City of Hamilton, when on the road, participants must always be on the left side of the centre line of the road. The roads will not

be closed to vehicular traffic but will be patrolled by Bermuda Police Service officers who will stop/divert traffic where necessary. Traffic will be traveling in the opposite direction to the race. In some instances, participants may also encounter vehicular traffic traveling in the same direction.

Note: Half marathon participants are strongly advised not to cut corners on the road bends as there may be danger from oncoming vehicular traffic. Further, by doing so, they may render themselves liable to disqualification. Please follow the directions of the Bermuda Police Service officers and course marshals.

CUT-OFF TIME – 4 HOURS!

We are required to keep to a strict schedule on the total time allowed to complete the PwC Bermuda Half Marathon, to adhere to Bermuda Police Service road safety instructions. The cut-off time for the half marathon is 4 hours, which is a pace per mile of approximately 18.18 minutes. If you cannot stay ahead of this pace, you will be required to move onto the side of the road and make use of sidewalks available to complete the event. Race officials and the Bermuda Police Service will not be able to ensure your safety, and you will be running the event at your own risk after this cut-off time.

MILE MARKERS

Each mile will be marked on the left side [surface] of the road.

WALKING

At some point, perhaps through tiredness, cramp, blisters, etc., you may be forced to walk. If this happens to you, please move over to the side of the road to allow runners to overtake.

DROPPING OUT

If you need to drop out, you should make your way to the nearest hydration station, give them your running bib number and they will notify a race official. The race official will ensure your details are passed on to the Information Point at

the finish. If you require medical assistance, St. John Ambulance will be alerted and will come to your attention.

If you do not require medical assistance, you will be dropped off at the Finish Area at Barr's Bay Park, where you will be able to retrieve your runner bags and make your onward journey. Alternatively, you can make your own way back to the Finish Area using public transport providers (buses or taxis), although there will be a fee for such services.

HYDRATION STATIONS

Dasani water bottles and Powerade cups will be available at approximately: 3.0 miles, 4.5 miles, 5.5 miles, 6.5 miles, 7.5 miles, 9.0 miles, 10.3 miles and 11.2 miles.

At each hydration station, Dasani water bottles (11oz) will be available first and then Powerade energy drinks will be served in paper cups. Please be prepared to pick up your own bottles and cups. Hydration stations will remain open based on an 18.18 minute per mile pace, which equates to a 4-hour half marathon time.

GU GEL STATIONS

GU Gel Stations will be available at approximately: 5.5 miles and 9.0 miles.

GU Gel Stations will remain open based on an 18.18 minute per mile pace, which equates to a 4-hour half marathon time.

GOSLINGS RUM STOPS

Goslings Rum Stops (yes, you read that right, we have rum stops for the PwC Bermuda Half Marathon with Bermuda's finest rum from Goslings) will be available at approximately: 5.5 miles and 10.3 miles.

Goslings Rum Stops will remain open based on an 18.18 minute per mile pace, which equates to a 4-hour half marathon time.

TOILETS

Toilet facilities will be available at the Start Area and Finish Area of the PwC Bermuda Half Marathon, at Barr's Bay Park in Hamilton. There will also be portable toilets along the course, and these will be available at approximately: 3.0 miles, 5.5 miles, 7.5 miles, 9.0 miles and 11.2 miles.

FINISH

The PwC Bermuda Half Marathon finish is at Barr's Bay Park in Hamilton. Refreshments will be available after you exit the finish chute.

MEDALS

Commemorative finishers medals for participants will be presented in the Finish Area at Barr's Bay Park as you leave the finish chute.

PwC BERMUDA HALF MARATHON AWARDS

The PwC Bermuda Half Marathon awards will be presented at 11:30am at Barr's Bay Park, in Hamilton.

PwC Bermuda Half Marathon cash prize awards will be presented in the following categories: male and female overall (no age group):

First place: \$500

Second place: \$250

Third place: \$100

There will be no cash awards for age group winners. Age group awards will be made available for both males and females in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

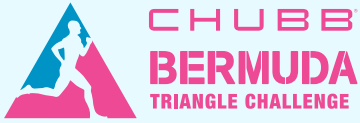
****Note: Awards must be collected and will not be mailed unless arranged with the event organisers.***



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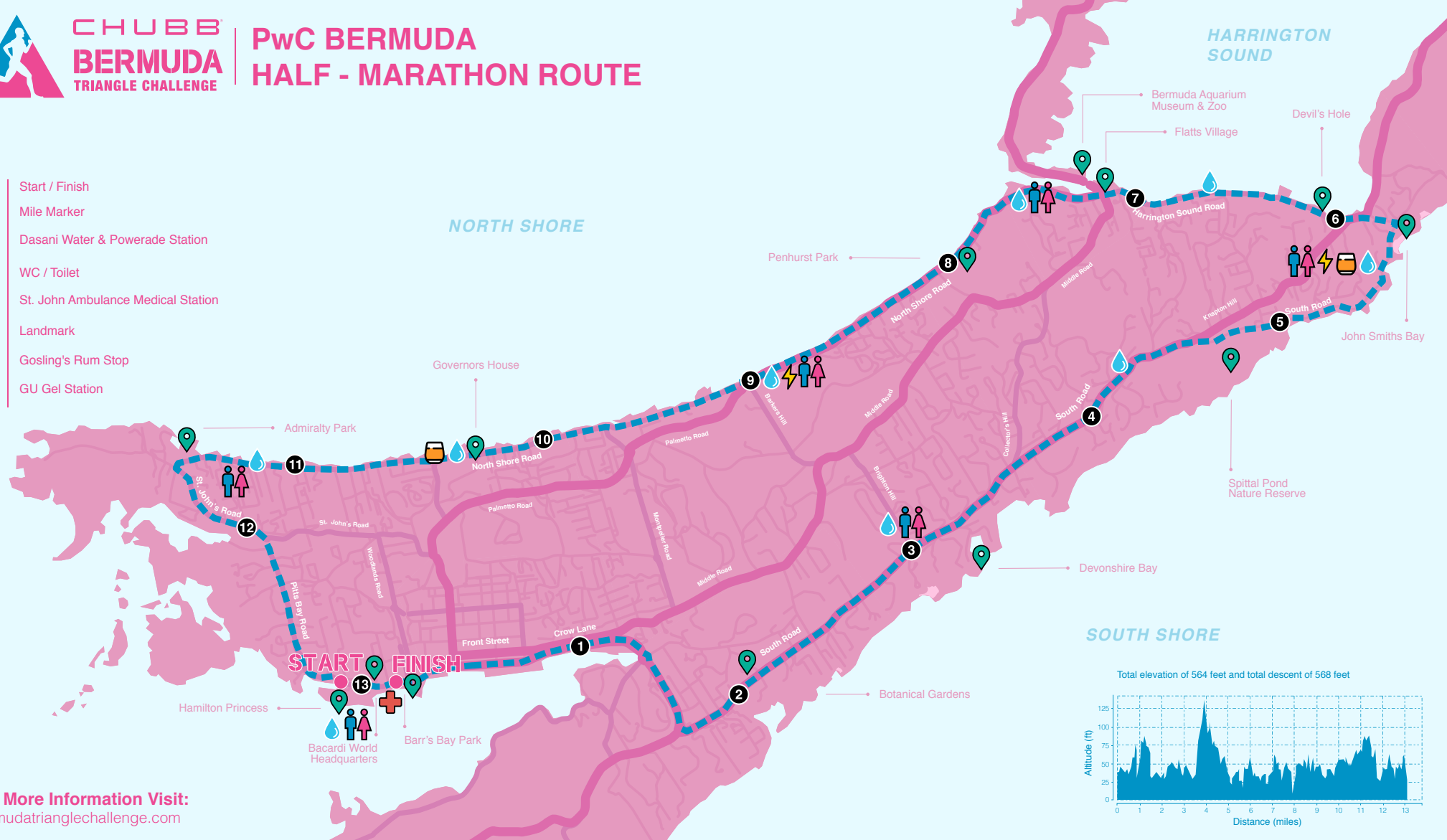
TEAM RUN FOR LISA
and the Chubb Bermuda Triangle Challenge





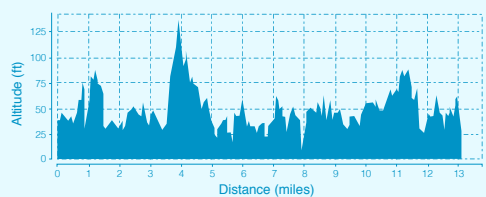
PwC BERMUDA HALF - MARATHON ROUTE

- Start / Finish
- Mile Marker
- Dasani Water & Powerade Station
- WC / Toilet
- St. John Ambulance Medical Station
- Landmark
- Gosling's Rum Stop
- GU Gel Station



SOUTH SHORE

Total elevation of 564 feet and total descent of 568 feet



For More Information Visit:
bermutatrianglechallenge.com



Congratulations to Participants!

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PwC BERMUDA HALF MARATHON RELAY INSTRUCTIONS

PLEASE READ CAREFULLY

The PwC Bermuda Half Marathon Relay will have teams of TWO (2) to FOUR (4) people who will run the same course as the PwC Bermuda Half Marathon. Team members will exchange a baton, which contains the timing chip, at designated “handover zones”, between course legs.

GETTING TO THE START

The PwC Bermuda Half Marathon Relay will start on Pitt’s Bay Road, near Barr’s Bay Park and at the entrance to the Hamilton Princess Hotel, in Hamilton.

Barr’s Bay Park, in Hamilton, is the official Start Area and Finish Area for the event. Barr’s Bay Park will be open to all half marathon relay participants from 7:30am on Sunday, January 18th.

At Barr’s Bay Park, there will be toilet facilities, refreshments in the form of Dasani water and Powerade, and a bag drop area.

RUNNER BAGS

Half marathon relay participants may choose to leave their bags (using the bag tags which come with your race number bib and can be detached) at the bag drop tent area located at Barr’s Bay Park. All bags must be handed over to the bag drop no later than 8:40am to allow you enough time to get to the start. Volunteers will be managing the bag drop tent area, but neither the Bermuda National Athletics Association, nor the City of Hamilton, will be responsible for the security of your bags. Bags and clothing not collected by 2:00pm will be donated to local charities.

START TIME FOR THE PwC BERMUDA HALF MARATHON RELAY: 9:00AM

Runners at Barr’s Bay Park will be escorted to the Start Area by race officials no later than 8:40am.

Time announcements and final instructions will be given at the start, so it is important to be present. The start will be under the control of the starter and his assistant whose announcements prior to the start will be made using a powered megaphone. It is requested that slower runners and walkers start behind the faster runners. Each Team will be issued one (1) race chip which will be attached to a baton that must be passed at each leg and carried from start to finish. Race batons will be handed out at the Start Area at around 8:50am.

PwC BERMUDA HALF MARATHON RELAY ROUTE

Half marathon relay participants will commence at the entrance of the Hamilton Princess Hotel, on Pitt’s Bay Road. Participants will then travel in an easterly direction through the City of Hamilton, then easterly along Crow Lane, then southerly along Trimmingham Road toward South Road. From there, half marathon relay participants will then travel in an easterly direction along South Road, until they reach Devil’s Hole Hill and South Road junction. From there, the half marathon relay participants will then travel in a westerly direction along Devil’s Hole Hill to Harrington Sound Road, then travel in a westerly direction along Harrington Sound Road to Middle Road near Flatt’s Village and North Shore Road, then westerly along North Shore Road to Spanish Point Road. Once they reach Spanish Point Road, the half marathon relay participants will then travel in a southerly direction along Spanish Point Road to St John’s Road, southerly to Pitt’s Bay Road, then in a southerly direction along Pitt’s Bay Road to finish at Barr’s Bay Park, at the City of Hamilton.

BIB NUMBERS

All half marathon relay participants are required to wear their bib numbers so that it is clearly visible to the race officials. If you are not wearing a bib number, you will not be allowed to cross the finish line. Do not place safety pins through the tear off strip at the bottom of your bib number. Please be sure to complete the medical information form on the back of your race number bib and notify your family/friends of your race number.

BATONS

Half marathon relay participants will be responsible for any cost incurred to replace lost batons/chip.

PwC BERMUDA HALF MARATHON RELAY RULES OF THE ROAD

With the exception of the start line at the entrance to the Hamilton Princess Hotel to the Bird Cage in the City of Hamilton, when on the road, half marathon relay participants must always be on the left side of the centre line of the road. The roads will not be closed to vehicular traffic but will be patrolled by Bermuda Police Service officers who will stop/divert traffic where necessary. Traffic will be traveling in the opposite direction to the race. In some instances, half marathon relay participants may also encounter vehicular traffic traveling in the same direction. ***Half marathon relay participants are strongly advised not to cut corners on the road bends as there may be danger from oncoming vehicular traffic. Further, by doing so, they may render themselves liable to disqualification. Please follow the directions of the Bermuda Police Service officers and course marshals.***

PwC BERMUDA HALF MARATHON RELAY COURSE LEGS

The PwC Bermuda Half Marathon Relay course legs are as follows:

- Leg 1: From Hamilton Princess entrance to South Road, Devonshire entrance to Melville

Estate (Vegetable Stand) (Approx. 3.00 miles)

- Leg 2: From South Road, Devonshire entrance to Melville Estate (Vegetable Stand) to John Smith's Bay (Approx. 2.75 miles)

Note: while shorter in distance, it does have the steepest gradient with McGall's Hill

- Leg 3: From South Road, near John Smith's Bay to North Shore Road, Devonshire (near Barker's Hill) (Approx. 3.25 miles)
- Leg 4: North Shore Road, Devonshire (near Barker's Hill) to Finish, Barr's Bay Park, Hamilton (Approx. 4.1 miles)

There will be a Relay Baton Handover sign at the start of each leg.

PARKING AT PwC BERMUDA HALF MARATHON RELAY BATON HANDOVER/CHANGE OVER POINTS

Please do not park on private property or block private driveways!

Do not park on roadways with a yellow line as your vehicle may be ticketed by the Bermuda Police Service.

Specific parking information for each leg:

- Leg 2 (between mile 3 & 4): From South Road, Devonshire entrance to Melville Estate (Vegetable Stand)
 - Parking is available at Lindo's Market & Pharmacy, 4 Watlington Road, Devonshire, DV08. It is a short five-minute walk from Lindo's Market & Pharmacy to the entrance to Melville Estate (Vegetable Stand). We thank the Lindo's Family for providing their car park facilities that day.
- Leg 3 (between mile 5 & 6): John Smith's Bay
 - Parking is available at the John Smith's Bay car park.
- Leg 4 (between mile 9 & 10): North Shore Road, Devonshire, near Barker's Hill

- Parking is available at either Robinson Bay Park or near the Railway Trail/entrance at the top of Palmetto Hill. It is a short five-minute walk from either Robinson Bay Park or the Railway Trail/entrance at the top of Palmetto Hill to the base of Barker's Hill.

CUT-OFF TIME – 4 HOURS!

We are required to keep to a strict schedule on the total time allowed to complete the PwC Bermuda Half Marathon Relay, to adhere to Bermuda Police Service road safety instructions. The cut-off time for the half marathon relay is 4 hours, which is a pace per mile of approximately 18.18 minutes. If you cannot stay ahead of this pace, you will be required to move onto the side of the road and make use of sidewalks available to complete the event. Race officials and the Bermuda Police Service will not be able to ensure your safety and you will be running the event at your own risk after this cut-off time.

MILE MARKERS

Each mile will be marked on the left side [surface] of the road.

WALKING

At some point, perhaps through tiredness, cramp, blisters, etc., you may be forced to walk. If this happens to you, please move over to the side of the road to allow runners to overtake.

DROPPING OUT

If you need to drop out, you should make your way to the nearest hydration station, give them your running bib number and they will notify a race official. The race official will ensure your details are passed on to the Information Point at the finish. If you require medical assistance, St. John Ambulance will be alerted and will come to your attention.

If you do not require medical assistance, you will be dropped off at the Finish Area at Barr's Bay Park, where you will be able to retrieve your

runner bags and make your onward journey. Alternatively, you can make your own way back to the Finish Area using public transport providers (buses or taxis), although there will be a fee for such services.

HYDRATION STATIONS

Dasani water bottles and Powerade cups will be available at approximately: **3 miles, 4.5 miles, 5.5 miles, 6.5 miles, 7.5 miles, 9 miles, 10.3 miles, and 11.2 miles.**

At each hydration station, Dasani water bottles (11oz) will be available first and then Powerade energy drinks will be served in paper cups. Please be prepared to pick up your own bottles and cups. Hydration stations will remain open based on an 18.18 minute per mile pace, which equates to a 4-hour half marathon time.

GU GEL STATIONS

GU Gel Stations will be available at approximately: **5.5 miles and 9 miles.**

GU Gel Stations will remain open based on an 18.18 minute per mile pace, which equates to a 4-hour half marathon time.

GOSLINGS RUM STOPS

Goslings Rum Stops (yes, you read that right, we have rum stops for the PwC Bermuda Half Marathon with Bermuda's finest rum from Goslings) will be available at approximately: **5.5 miles and 10.3 miles.**

Goslings Rum Stops will remain open based on an 18.18 minute per mile pace, which equates to a 4-hour half marathon time.

TOILETS

Toilet facilities will be available at the Start Area and Finish Area of the PwC Bermuda Half Marathon Relay, at Barr's Bay Park in Hamilton. There will also be portable toilets along the course, and these will be available at approximately: 3.0 miles, 5.5 miles, 7.5 miles, 9.0 miles and 11.2 miles.

FINISH

The PwC Bermuda Half Marathon Relay finish is at Barr's Bay Park in Hamilton. Refreshments will be available after you exit the finish chute.

MEDALS

Commemorative finishers medals for participants will be presented in the Finish Area at Barr's Bay Park as you leave the finish chute.

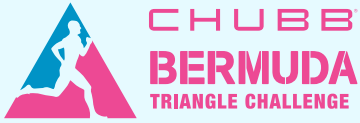
PwC BERMUDA HALF MARATHON RELAY AWARDS

PwC Bermuda Half Marathon Relay awards will be presented at 11:30am at Barr's Bay Park, in Hamilton.










Awards will be presented for first, second, and third place in the PwC Bermuda Half Marathon Relay in the following categories:

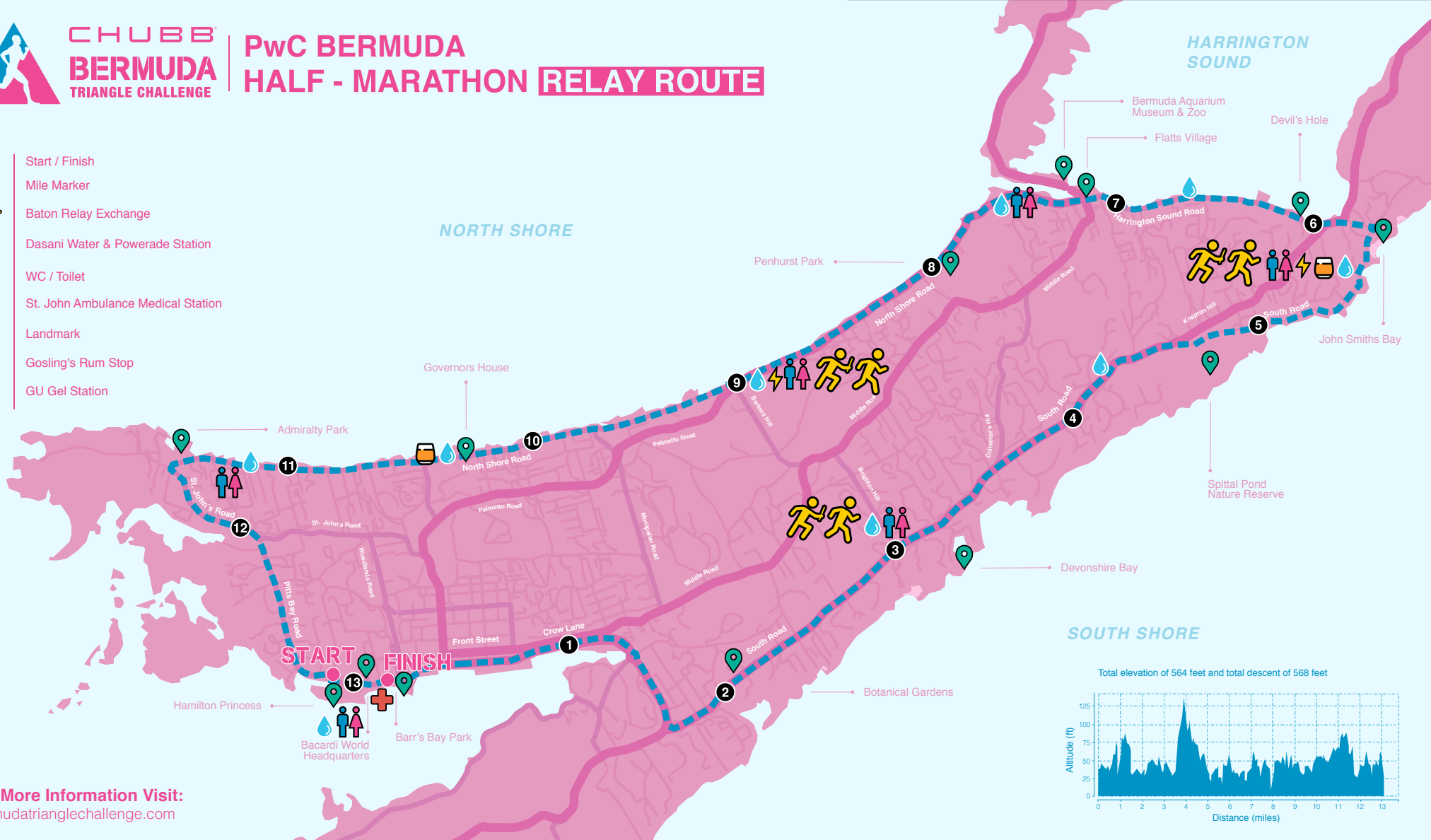
- All male adult team
- All female adult team
- Mixed adult team
- All male youth team
- All female youth team
- Mixed youth team

•Note: Awards must be collected and will not be mailed unless arranged with the event organisers.



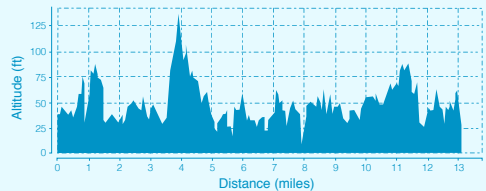
PwC BERMUDA HALF - MARATHON RELAY ROUTE

-  Start / Finish
-  Mile Marker
-  Baton Relay Exchange
-  Dasani Water & Powerade Station
-  WC / Toilet
-  St. John Ambulance Medical Station
-  Landmark
-  Gosling's Rum Stop
-  GU Gel Station



SOUTH SHORE

Total elevation of 564 feet and total descent of 568 feet



For More Information Visit:
bermudatrianglechallenge.com

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SATURDAY, MAY 3RD, 2025

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The Royal Gazette

CHUBB BERMUDA TRIANGLE CHALLENGE BARR'S BAY PARK INFIELD LAYOUT



MEET THE CHUBB BERMUDA TRIANGLE CHALLENGE PACERS

We have four pacers for the Sunday, January 19, 2025 races - 2 for the PwC Bermuda Marathon and 2 for the PwC Bermuda Half Marathon. For runners who want to follow any of the pacers, please look out for the pink balloon that will be attached to them during their run.

PWC BERMUDA MARATHON



Sarah Ryan

Sarah will be running a 4 hour pace



Colin Homan

Colin will be running a 4 hour 30 minute pace

PWC BERMUDA HALF MARATHON



Peter Tobin

Peter will be running a 1 hour 45 minute pace



Edward Willis

Edward will be running a 2 hour pace

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RACE DATES:
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SUNDAY, MARCH 23RD, 2025
SUNDAY, APRIL 6TH, 2025
SUNDAY, MAY 4TH, 2025

RUNNERS EARN POINTS BY PLACING IN EACH RACE. OVERALL MALE AND FEMALE RUNNER WITH THE HIGHEST ACCRUED POINTS IN 3 OUT OF 4 RACES, WINS THE LEGENDS SERIES TROPHY AND \$1000. AGE GROUP WINNERS WILL ALSO RECEIVE TROPHIES.

ALL LEGENDS RACE SERIES FINISHERS WILL RECEIVE A LEGENDS SERIES T-SHIRT AND MEDAL AND ENTRY INTO THE GRAND PRIZE DRAW:

A TRIP TO THE LARGEST 10K - ATLANTA PEACHTREE 10K - ENTRY, FLIGHT & HOTEL INCLUDED.

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ENTERTAINMENT SCHEDULE

BUTTERFIELD MILE

TYPE OF ENTERTAINMENT	LOCATION	FRIDAY 17 JANUARY 2025
Ricochet Sound System	Flag Pole on Front Street, Hamilton	6:00pm – 10:00pm
Royal Bermuda Regiment Band	Front Street, Hamilton	6:30pm – 6:45pm
Mascot Race at Butterfield Mile	Front Street, Hamilton	6:45pm – 7:00pm

BF&M 10K RUN/WALK / BF&M 5K RUN/WALK

TYPE OF ENTERTAINMENT	LOCATION	SATURDAY 18 JANUARY 2025
Ricochet Sound System	National Sports Centre, North Field	6:30am – 1:00pm
Zumba Warm Up Jennifer Ward and Team at Inspired Fitness	Pre warm up at National Sports Centre, North Field	8:30am – 8:45am
DJ Mikie B	Arboretum Middle Road – Closer to Fort Hill Road	9:00am – 10:00am
DJ Brownie	Link Bermuda	9:00am – 10:00am
DJ Jugglin Jason	Flatts	9:00am – 11:00am
DJ Ndanja	Terceira's Gas Station	9:00am – 11:00am
DJ Craig "Bubbles" Darrell	Barkers Hill	9:00am – 11:00am
DJ Kasper	Dock Hill / Bottom of Frog Lane	9:00am – 11:00am
Boom Boxes at various Water Stops on the BF&M 10k Run/Walk / BF&M 5k Run/Walk	All along the courses	9:00am – 11:00am
Bermuda Gombey Dancers – Phoenix Gombey Troupe	National Sports Centre, North Field	11:05am – 11:30am

PWC BERMUDA MARATHON / PWC BERMUDA HALF MARATHON / PWC BERMUDA HALF MARATHON RELAY

TYPE OF ENTERTAINMENT	LOCATION	SUNDAY 19 JANUARY 2025
Ricochet Sound System	Royal Naval Dockyard	6:00am – 8:00am
DJ Blacka	Railway Trail, Fort Scaur	7:30am – 9:00am
DJ Julz	Somerset Bridge	7:30am – 9:00am
DJ Kaos	Caroline Bay	7:30am – 9:00am
DJ Aztec	Port Royal	7:30am – 9:30am
DJ Scratchy	Barnes Corner	7:30am – 9:30am
DJ Chubb	Horseshoe layby	8:00am – 10:00am
Cheer Zone – Citizens Uprooting Racism in Bermuda (CURB)	South Road near Horseshoe Bay Beach Road	8:00am – 10:00am
DJ Shock 'n' Lust	South Shore – Warwick Long Bay	8:00am – 10:00am
DJ Bernie Mac	Astwood Park	8:00am – 10:00am
DJ Kuane	Coral Beach Club Bermuda	8:15am – 10:15am
DJ D'General	Bermuda College	8:15am – 10:15am
DJ Donnie	Trimingham Hill Roundabout	8:30am – 10:30am
DJ Allstar	Botanical Gardens	8:30am – 10:30am
DJ Mikie B	Collectors Hill	8:30am – 10:30am
DJ Markie T	Nantucket Road	8:30am – 10:30am
DJ Haily Hypes	Spittal Pond East	8:30am – 10:30am
DJ @ Water Stop provided by Zurich Management (Bermuda) Ltd.	John Smiths	8:30am – 10:30am
DJ Magic	Devils Hole	8:30am – 10:30am

PWC BERMUDA MARATHON / PWC BERMUDA HALF MARATHON / PWC BERMUDA HALF MARATHON RELAY CONTINUED

TYPE OF ENTERTAINMENT	LOCATION	SUNDAY 19 JANUARY 2025
DJ Jugglin Jason	Flatts	9:00am – 11:00am
Cheer Zone - Grateful Miles Running Club	Penhurst Park	9:00am – 12:00pm
DJ I-Breeze	Terceira's Gas Station	9:00am – 11:00am
DJ Craig "Bubbles" Darrell	Barkers Hill	9:00am – 11:00am
DJ Ice Man	Black Watch Pass	9:00am – 11:00am
DJ Fresh Kid	North Shore/Admiralty Park	9:00am – 11:00am
DJ Brownie	Cox's Hill Roundabout	9:00am – 11:00am
Boom Boxes at various Water Stops on the PwC Bermuda Marathon / PwC Bermuda Half Marathon / PwC Bermuda Half Marathon Relay	All along the courses	7:00am – 1:00pm
Zumba Warm Up Jennifer Ward and Team at Inspired Fitness	Pre warm up at start of PwC Bermuda Half Marathon / PwC Bermuda Half Marathon Relay	8:10am – 8:25am
Ricochet Sound System	Barr's Bay Park	7:00am – 5:00pm
City of Hamilton Town Crier, Ed Christopher	Barr's Bay Park	7:00am – 1:00pm



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CONGRATULATIONS TO ALL PARTICIPANTS OF THE BERMUDA TRIANGLE CHALLENGE!

**Bermuda Red Cross mobile vehicle will be on
the route for you as First Aiders at the event.**

Find out how our First Aid Team can support your events!

**Give us a call on 236-8253 x231 or email
disaster@bermudaredcross.com**



MEDICAL ADVICE

PLEASE READ CAREFULLY

As you know, taking part in these events is beneficial to your health if you are aware of the correct ways to train, drink, and eat. Participants need to take responsibility for their own health by equipping themselves with the right information.

The following simple advice on how to look after your body will help you to have a safe and healthy race. Please make it your priority to be informed.

MEDICAL PROBLEMS

Discuss any medical problems with your doctor. This advice supplements anything your doctor says. See your doctor if you have a problem that makes it a risk to run a race such as a half or full marathon. The following details provide further useful and comprehensive advice which you should keep handy.

FIT TO COMPETE

Running is good for the heart, and while many of you run on a routine basis, there have been several cases worldwide of fatalities during marathons in which runners were found to have suffered from serious heart disease, but were apparently unaware they had a problem. Sadly, their condition could have been detected if they had had medical advice and the relevant heart tests. A 'fitness test' is not sufficient to detect these problems.

If you have a family history of heart disease or sudden death, or have a high risk of heart disease from high cholesterol or high blood pressure, but particularly if you have symptoms of heart disease, such as chest pain or discomfort on exertion, sudden shortness of breath or rapid palpitations, see your doctor who can arrange for you to have a proper cardiac assessment.

Such an assessment may not be instantly available, but continuing to run with the symptoms may shorten your running career catastrophically!

TRAINING

Muscular aches and pains occur most commonly after an increase in training. Training should be increased gradually so that you do not suffer prolonged exhaustion. Separate days of heavy mileage with one or two days of lighter training, or rest days, so that your body can refuel your muscles with muscle glycogen.

To reduce injury risk, vary your training runs, the running surface (road, parkland or hills), the pace and distance, and do not always use the same pair of shoes. Always run facing oncoming traffic and be visible – at night wear bright or reflective clothing.

Stress fractures commonly occur in endurance running and generally affect the shin bones, but may also affect the hip bones. Such fractures are more common in women. If you are a runner and noticed a gradual increase in hip or groin pain with running training, or during a race, you are advised to stop and seek medical attention. Early diagnosis and management will prevent a potentially more serious injury from occurring.

ILLNESS AND TRAINING

If you have flu (or COVID-19 symptoms), a feverish cold, or a stomach bug, do not train until you have fully recovered – then start gently and build up gradually. Do not attempt to catch up on lost mileage after illness or injury, as this may cause further damage. If you have flu, or COVID-19, it can take as long as a month to recover. If you cannot run 15 miles comfortably one month before embarking on a marathon, you will not manage it safely or enjoy it; please do not run the marathon if this is the case.

DRINKING

Fluid lost in sweat must be replaced, otherwise your body becomes dehydrated (short of water) and less efficient. Alcoholic drinks, tea, and coffee are dehydrating. Take plenty of non-alcoholic drinks, especially when training in hot weather. Drink enough to keep your urine a pale straw colour.

Drink plenty of liquids after training, especially after long runs, and practice drinking during longer training runs. Try electrolyte beverages, such as Powerade (which will be provided during the entire Chubb Bermuda Triangle Challenge weekend), during training to see if you like them and can tolerate them. They taste quite different after 20 miles and drinking in the races needs practice.

Drink plenty of fluids, but preferably no alcohol, in the two days leading up to a race. Do not drink excessively just before a race or during a race, or gulp water after a race as you may develop hyponatremia (see 'Drinking Safely', below).

DRINKING ON THE DAY

Start every race well-hydrated, and if you are not already bursting, drink half a pint (250ml) of water or sports drink in the half hour before the start. Do not take extra bottles of drinking water to pour over yourself, as you may be depriving slower runners of much-needed drinks. If it is a hot weekend for the Chubb Bermuda Triangle Challenge, additional Dasani water will be provided to help runners cool down.

DRINKING SAFELY

Drinking too little on the run can lead to problems, as you need to replace some of the fluid you lose as sweat. However, drinking too much can also be very dangerous and lead to hyponatremia (water intoxication), fits, and even death.

Drink when you feel the need and do not gulp large volumes of fluids before, during, or after the race. Your needs vary with your build, your speed, and above all the weather.

Faster runners (under 3:30 for a marathon) on a warm day may need as much as a litre of fluid (two pints) per hour. Slower runners should need to drink less, particularly on a cool day, and should not drink more than 500ml of fluid per hour.

At the Chubb Bermuda Triangle Challenge, there will be frequent hydration stations with Dasani water, so you might not need to drink at every hydration station. If you're trained successfully with Powerade, have that as well.

After the Finish do not drink large amounts of water. It can be quite normal to not pass urine for several hours after a race such as a marathon. You can only rehydrate (replace lost fluids) gradually over the next 24 to 48 hours. Try to eat some salty food as well as spacing out your drinks. This way you will not get hyponatremia and will still replace the water, salt, and glycogen lost during the long-distance races, such as a half marathon or a marathon.

EATING

Large doses of supplementary vitamins and minerals (such as iron) are not essential and produce no benefit if you are on a healthy, balanced diet, but additional vitamin C in small doses is reasonable when fresh fruit and vegetables are in short supply. Training (with adequate rest) helps you to sustain a high level of muscle glycogen as long as you eat enough carbohydrates. If you can, eat within two hours of your long runs. This helps to rapidly replace the muscle glycogen and speeds recovery.

Do not change your normal diet drastically in the last week before a long run, such as a half marathon or full marathon, but eat less protein (meat) and eat more carbohydrate (pasta, bread, you should be markedly reducing your training (tapering).

This loads the muscles with glycogen and delays or prevents you 'hitting the wall'. Unless you reduce your protein intake, you will not eat enough carbohydrates. (Not all runners are helped by first depleting carbohydrate with a long run and low-carb diet and then loading, as this can make your muscles feel very heavy.)

FEELING UNWELL?

Do not run if you feel unwell or have just been unwell, even if you are raising money for charity. Most medical emergencies occur in people who have been unwell but do not wish to miss the event. If you feel feverish, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell, it is unfair to you, your family, and your charity to risk serious illness and become a medical emergency. You are unlikely to do yourself justice. There will be many other races.

ON THE DAY

Wear appropriate clothes for the weather when you're racing. On a cold, wet day, you can become very cold if you reduce your running pace or walk. A hat and gloves will prevent heat loss and are easily carried. If it is hot, wear loose mesh clothing, start slowly and, if possible, run in the shade. Please don't wear multiple layers and don't try to attempt a personal best. Please wear shoes you know from experience will not give you blisters.

AT THE FINISH

Once you have completed a race, do not stand about getting cold. Keep walking, especially if you feel dizzy, and try to drink to replace lost liquid. Get your kit and change into warm, dry clothing. Foil blankets will not stop you from becoming cold. Keep on drinking slowly and try to have something to eat. Some runners feel faint more than half an hour after finishing a race, often because they have taken insufficient fluid and/or have not eaten anything. Again, do not drink excessively.



*Congratulations
Runners!*

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BERMUDA

TRAFFIC ORDER

BUTTERFIELD MILE

FRIDAY, JANUARY 17TH, 2025

For the convenience of persons attending the Butterfield Mile Races on Front Street on the above date, the following advisory notice is given:

This Traffic Order shall be effective between the hours of 6:00pm and 10:00pm in conjunction with the Corporation of Hamilton Traffic Order for the staging of this event.

ROADS CLOSED:

CROW LANE: From the junction of Spurling Hill to the City of Hamilton's eastern boundary on Front Street, all westbound traffic will be diverted off Crow Lane up Spurling Hill and along Reid Street.

RACE ROUTE: The race route is carried out on Front Street within the Corporation of Hamilton jurisdiction.

In addition, the Bermuda Police are hereby authorized to close or open streets or portions of streets and restrict service parking as the Commissioner of Police determines.

BF&M BERMUDA 10K RUN AND WALK/ BF&M BERMUDA 5K RUN AND WALK SATURDAY, JANUARY 18TH, 2025

For the convenience of persons attending the Bermuda National Athletics Association, BF&M 10k Run and Walk and the BF&M 5k Run and Walk on the above date, the following advisory notice is given:

ROADS CLOSED:

The following list of roads will be closed to motorists during the schedule time of this road race.

PARSONS ROAD: From Roberts Avenue to Montpelier Road between 8:45 am and 9:45am.

MONTPELIER ROAD: From Parsons Road to Middle Road between 8:45am and 9:45am.

FROG LANE (NORTH): From Palmetto Road to Parsons Road between 8:45am and 11:00am.

FROG LANE (SOUTH): From BFA Way to Parsons Road between 8:45am and 9:45am.

OLD MILITARY ROAD: From Parsons Lane to From Lane between 8:45am and 11:00am except for access at Cedar Park Estate.

MIDDLE ROAD: From Corkscrew Hill to Vermont Road junction between 8:45am and 10:15am.

PARSONS LANE: From Middle Road to Barker's Hill/Vesey Street junction between 8:45am and 10:15am.

BARKERS HILL: From Parsons Lane/Vesey Street junction to North Shore Road/Palmetto Road Roundabout between 8:45am and 10:15am.

LANE CLOSURE

The following list of roads will have their EASTBOUND traffic lane closed to motorists during the schedule time of this road race.

MIDDLE ROAD: From Vermont Road to Flatts near Harrington Sound Road junction between 8:45am and 10:15am in the EASTBOUND direction.

LANE CLOSURE

The following list of roads will have their WESTBOUND traffic lane close to motorists during the schedule time of this road race.

NORTH SHORE ROAD: From Middle Road, Flatts to the Barkers Hill roundabout from 9:00am until 11:00am in a WESTBOUND direction.

PALMETTO ROAD: From North Shore Road to Frog Lane from 9:00am until 11:00am in the WESTBOUND direction

OLD MILITARY ROAD: From Parsons Lane to Frog Lane between 8:45am and 11:00am, except for access at Cedar Park Estate in the WESTBOUND direction.

BFA WAY: From Frog Lane to Headquarters Hill between 8:45am and 10:15am in the WESTBOUND direction.

NO PARKING (BETWEEN 8:00am and 11:00am):

PARSONS ROAD: From Roberts Avenue to Montpelier Road.

FROG LANE: From Palmetto Road to Parsons Road.

MONTPELIER: From Parsons Road to Middle Road.

BFA WAY: From Frog Lane to Fort Hill Road.

FLATT'S VILLAGE: North Shore Road (entrance to St. James Court) to Middle Road junction.

FORT HILL ROAD: From Alexander Road to BFA WAY.

10K RACE ROUTE: Commence on Frog Lane then travel in a southerly direction to Montpelier Road, and then to Middle Road, then travel in an easterly direction along Middle Road towards Flatts Village at North Shore Road, then travel in a westerly direction along North Shore Road toward Palmetto Road, then travel in a westerly direction along Palmetto Road to Frog Lane, then travel in a southerly direction along Frog Lane, and end at the Bermuda National Sport Centre north field.

5K RACE ROUTE: Commence on Frog Lane, then travel southerly to Montpelier Road and then to Middle Road. Then, travel easterly along Middle Road until the junction with Parsons Lane. Then, travel in a westerly direction along Parsons Lane and Barkers Hill, past Ocean View Golf Course, until the junction with the Bermuda Railway Trail. Then, they turn right and go in an easterly direction along the Bermuda Railway Trail before turning around. They then travel in a westerly direction along the Bermuda Railway Trail to join the 10k course on Palmetto Road. From there, the 5K course traces the 10k course, travelling in a westerly direction along Palmetto Road to Frog Lane, then travelling in a southerly direction along Frog Lane, and ending at the Bermuda National Sports Centre north field.

In addition, the Bermuda Police Service is hereby authorised to Close or Open streets or portions of streets and restrict service parking as the Commissioner of Police determines.

PwC BERMUDA FULL MARATHON **SUNDAY, JANUARY 19TH, 2025**

For the convenience of persons attending the Bermuda National Athletics Association, PwC Full Marathon on the above date, the following advisory notice is given:

This Traffic Order shall be effective in conjunction with the Corporation of Hamilton Traffic Order for the staging of this event.

ROADS CLOSED:

DOCKYARD AREAS

CAMBER ROAD: From Clock Town area to Dock Yard Terrace between 6:00am and 7:45am.

DOCKYARD TERRACE: From Camber Road to Maritime Lane between 6:00am and 7:45am.

MARITIME LANE: From Dock Yard Terrace to Smithery Lane between 6:00am and 7:45am.

SMITHERY LANE: From Maritime Lane to Clock Tower Parade between 6:00am and 7:45am.

CLOCK TOWER PARADE: From Smithery Lane to Pender Road between 6:00am and 7:45am.

PUBLIC ROAD AREAS

FREEPORT DRIVE: From Clock Tower Parade to Cockburn Road between 6:45am and 8:15am.

PENDER ROAD: From Clock Tower Parade to Cockburn Road between 6:45am and 8:15am.

COCKBURN ROAD: From Pender Road to Malabar Road between 6:45am and 8:45am.

MALABAR ROAD: From Cockburn Road to Mangrove Bay Road between 6:45am and 8:45am.

MANGROVE BAY ROAD: From Malabar Road to Beacon Hill Road between 6:45am and 8:45am.

BEACON HILL ROAD: From Mangrove Bay Road to Railway Trail between 6:45am and 8:45am.

RAILWAY TRAIL: From Beacon Hill Road to Somerset Road near Somerset Bridge between 6:45am and 9:15am.

SOMERSET ROAD: From Railway Trailer to Middle Road at Somerset Bridge between 7:15am and 9:15am.

MIDDLE ROAD: From Somerset Road to Over Plus Lane between 7:15am and 9:15am.

OVERPLUS LANE: From Middle Road to Railway Trail between 7:15am and 9:15am.

RAILWAY TRAIL: From Overplus Lane to Tribe Road No. 5, Southampton between 7:15am and 9:15am.

TRIBE ROAD NO. 5, SOUTHAMPTON: From Railway Trail to Middle Road between 7:15am and 9:45am.

MIDDLE ROAD: From Tribe Road No 5 to Whale Road and Railway Trailer junction between 7:15am and 9:45am.

RAILWAY TRAIL: From Whale Bay Road junction to Franks Bay and Middle Road junction between 7:15am and 9:45am.

MIDDLE ROAD: From Franks Bay to South Road junction between 7:15am and 9:45am.

SOUTH ROAD, SOUTHAMPTON, WARWICK, PAGET, DEVONSHIRE, SMITH: From Middle Road, Southampton to Devil's Hole, Smith junction between 7:15am and 11:15am. The Eastbound lane will be closed from South Road and Middle Road, Southampton, to the junction with South Road Roundabout, as well as the lane between South Road Roundabout and Point Finger Road. From the South Road Roundabout, the East bound traffic lane along South Road will be closed until reaching the junction with Devils Hole Hill.

TRIMINGHAM ROAD: From the North Roundabout to the South Roundabout between 8:30am and 10:10am.

RACE ROUTE: Commence at Camber Road and travel in a north easterly direction to Dockyard Terrace, travel in an easterly direction to Maritime Lane and then travel in a westerly direction to Smithery Lane, then travel in a westerly direction along Clock Tower Parade towards Freeport Drive, then travel in a westerly direction towards Cross Island, then around Cross Island, then in a westerly direction along Pender Road to Cockburn Road. Turn south on Craddock Road and then travel in a westerly direction along Craddock Road, then travel in a westerly direction along Lagoon Road. Turn south on Heydon Road and travel in a westerly direction along Heydon Road. Then turn and travel in a westerly direction along Malabar Road, then travel in a westerly direction along Mangrove Bay Road to Beacon Hill junction. Turn south on Beacon Hill Road and travel to Railway Trail, then travel in a southerly direction along the railway trail to the junction with Somerset Road near Somerset Bridge, then travel in a westerly direction across Somerset Bridge to Middle Road, then travel in a westerly direction along Middle Road to Over Plus Lane, then turn at the Railway Trail and travel in an easterly direction along the Railway Trail to Tribe Road 5, then turn and travel in a westerly direction along Tribe Road 5 to Middle Road, continue in an easterly direction along Middle Road to the junction at Whale Bay Road, then travel in an easterly direction along the Railway Trail to Frank Bay and the Middle Road junction, then travel in an easterly along Middle Road until reaching the junction with South Road. Then the participants will cross over from the Middle Road east bound lane to South Road east bound lane at this junction, then travel in an easterly direction through Parishes Southampton, Warwick, Paget (crossing over from the east bound lane to the west bound lane in front of the Bermuda College before proceeding on to the Railway Trail in Paget, entering the Railway Trail from the Railway Trail pedestrian crossing at Paget and exiting the Railway Trail on to the east bound lane at South Road before the South Road Roundabout), Devonshire and Smiths along South Road, until reaching Devil's Hole Hill and South Road junction, then travel in a westerly direction along Devil's Hole Hill to Harrington Sound Road, then travel in a westerly direction along Harrington Sound Road to Middle Road near Flatt's Village and North Shore Road, then travel in a westerly direction along North Shore Road to Spanish Point Road, then travel in a southerly direction along Spanish Point Road to St John's Road then travel in a southerly direction to Pitt's Bay Road, then travel in a southerly direction along Pitt's Bay Road and end at Barr's Bay Park, at the city of Hamilton.

In addition, the Bermuda Police Service is hereby authorised to Close off or Open streets or portions of streets and restrict service parking as the Commissioner of Police determines. Where necessary, the Police will detour motorists towards Middle Road, and then they can travel

in an easterly direction, turn on South Road, and travel in a westerly direction to their destination.

PwC BERMUDA HALF MARATHON/HALF MARATHON RELAY

SUNDAY, JANUARY 19TH, 2025

For the convenience of persons attending the Bermuda National Athletics Association, PwC Bermuda Half Marathon and PwC Bermuda Half Marathon Relay on the above date, the following advisory notice is given:

This Traffic Order shall be effective in conjunction with the Corporation of Hamilton Traffic Order for the staging of this event.

ROADS CLOSED:

PITT'S BAY ROAD: From the junction of Bermudiana Road to the junction with Hamilton Princess exit from 7:30am until 3:00pm.

PITT'S BAY ROAD: From the junction of Hamilton Princess exit to the junction with the road known as between the Walls from 7:30am until 9:15am.

CROW LANE: From Spurling Hill to the City of Hamilton's Eastern boundary on Front Street between 8:30am and 10:00am.

FLORA DUFFY HILL: From Middle Road to Crow Lane, Paget between 8:30am and 10:00am.

TRIMINGHAM ROAD: From the North Roundabout to the South Roundabout between 8:30am and 10:00am.

OTHER ROADWAYS: See other roads to be closed and used for this race on the Bermuda Full Marathon traffic order.

CITY OF HAMILTON CLOSURES:

- **PITTS BAY/FRONT STREET BETWEEN HAMILTON PRINCESS AND SPURLING HILL.**
- **COURT ST. BETWEEN REID ST. AND FRONT ST.**
- **BURNABY HILL BETWEEN REID ST. AND FRONT ST.**
- **PAR-LA-VILLE BETWEEN ROSEBANK RD. AND FRONT ST.**

Closed from 6:00am to 10:00am.

RACE ROUTE: Commence at the entrance of Hamilton Princess Hotel, on Pitt's Bay Road, then travel in an easterly direction through the City of Hamilton, then travel in an easterly direction along Crow Lane, then travel in a southerly direction along Trimingham Road toward South Road, then travel in an easterly direction along South Road to Devils Hole Hill, then travel in a westerly direction along Devils Hole Hill to Harrington Sound Road, then travel in a westerly direction along Harrington Sound Road to Middle Road near Flatt's Village and North Shore Road, then travel in a westerly direction along North Shore Road to Spanish Point Road, then travel in a southerly direction along Spanish Point Road to St John's Road, then travel in a southerly direction to Pitts Bay Road, then travel in a southerly direction along Pitt's Bay Road and end at Barr's Bay Park, at the city of Hamilton.

In addition, the Bermuda Police is hereby authorized to Close off or Open streets or portions of streets and restrict service parking as the Commissioner of Police determines.

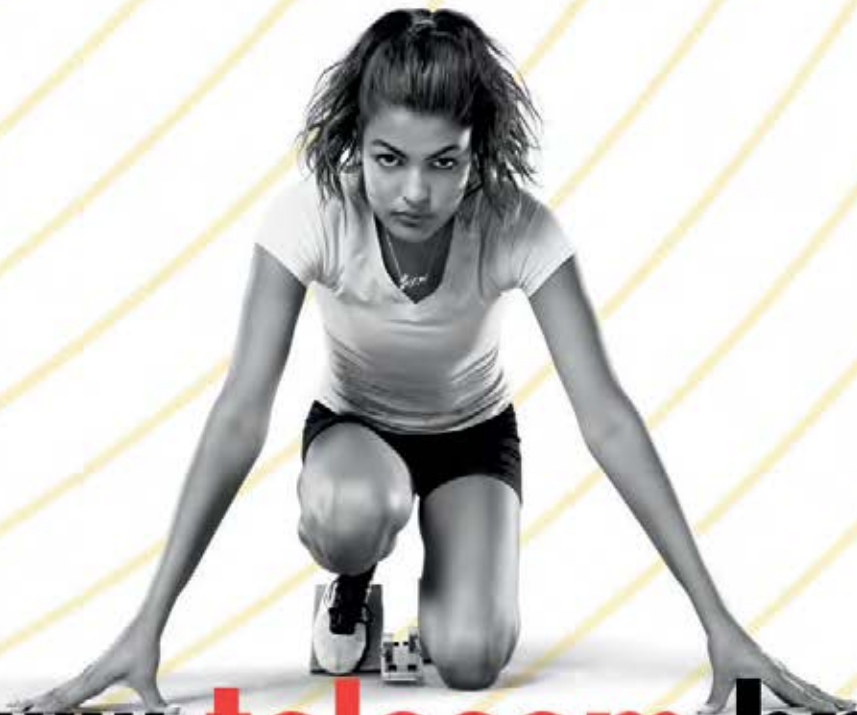


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