



CHUBB®  
BERMUDA  
TRIANGLE CHALLENGE

# OFFICIAL PROGRAMME

JANUARY 13TH - 15TH, 2023

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GOVERNMENT OF BERMUDA

Bermuda is once again set to welcome athletes from across the island and across the world to participate in the three-day running challenges which make up the 2023 Chubb Bermuda Triangle Challenge.

This event has grown over the years from its humble beginnings in 1975 with one race and seven competitors to 2020 with three races and close to 1300 total participants with 700 coming from 25 countries. I understand that by the time of the 2023 Challenge, it is anticipated there will be close to 1,000 participants.

The Challenge also offers an opportunity to raise money for a Bermuda-based charity. Charities worldwide have suffered over the last two years from lack of available funds. This year the Challenge has partnered with four local charities which presents a real opportunity to help those in need while pursuing a personal best.

I wish all involved, both participants and volunteers, a successful 2023 Chubb Bermuda Triangle Challenge.

**H.E. MS. RENA LALGIE**  
Governor and Commander-in-Chief



**GOVERNMENT OF BERMUDA**

Ministry of Youth, Culture and Sport

On behalf of the Ministry of Youth, Culture and Sport, it gives me great pleasure to welcome the athletes, supporters and fans to the 2023 Bermuda Triangle Challenge.

Every January, our island comes alive with excitement when this international sports fixture takes place on our shores.

Comprising “3 races in 3 days” - the Butterfield Mile, the BF&M 10k Run & Walk, and the PwC Bermuda Full Marathon, PwC Bermuda Half Marathon and PwC Bermuda Half Marathon Relay – this three-day event is a highlight for our community and our visitors.

We are excited to extend our hospitality to the local and international competitors, and I have no doubt that they will put on an amazing display of stamina and talent.

I also want to take this opportunity to congratulate the Bermuda Triangle Challenge Race Committee for their tireless efforts to promote and organize this event. We understand that the Bermuda Triangle Challenge cannot be accomplished without a dedicated team.

To all our race participants, I along with countless others will be cheering you on, and I wish you all the best. Again welcome to Bermuda, and I hope you have an enjoyable weekend.

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

**SENATOR. THE HON. OWEN K. DARRELL, JP**



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

Although the name has evolved over time, this is the 46th edition of this event. This year will be a momentous occasion as we all emerge from the constraints placed upon us by the Covid-19 pandemic to return to competition and witness athletic prowess in the mile, 10K, half marathon, and marathon events.

It is an honor to represent the Bermuda National Athletic Association (BNAA) as President and continue the traditions of athletic excellence which began nearly 50 years ago. The BNAA Board members and I are committed to recognizing the contributions of past athletes, involving parents, and developing community outreach to ensure our current athletes (young and old) have the best opportunities for competitions and success.

The BNAA Board is indebted and appreciative of the BTC committee and their team for the superb organization of this weekend's events. The BTC committee worked tirelessly throughout the year to prepare for this event and to ensure it is bigger and better than ever! An example of their determination to improve the event is the introduction of the half marathon relay. The half-marathon relay is intended to increase first-time participation.

In closing, none of this would be possible if it wasn't for the incredible support of all of the sponsors and volunteers of this event, we greatly appreciate their contributions to this event and the community at large. World Athletics has an adage that "Sports bring people together" and in this case, the organizers, sponsors, and volunteers have come together to not only make this event possible but to make this event spectacular.

Finally, I would like to welcome and thank our guest speaker and athlete who has been successful at every competitive level and virtually every distance from 1500m to the marathon, the 2004 Olympian Silver medalist, Mr. Meb Keflezighi!

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

**DR. FREDDIE EVANS**

President of the Bermuda National Athletic Association



# BERMUDA

TOURISM AUTHORITY

Welcome to our runners, walkers, friends, and family,

The Bermuda Tourism Authority is pleased to have you for the Chubb Bermuda Triangle Challenge 2023. The pandemic reinforced the importance of seizing opportunities and cherishing the special moments life provides. We applaud you for booking the trip to join us and our event delivery team has gone above and beyond to ensure that you have an unforgettable experience during your time on-island. We encourage you to immerse yourself in the culture, cuisine and beauty which set Bermuda apart and step out of your comfort zone to try something new during your visit.

This is more than a race weekend; this is a chance to make new connections and create memories that will last a lifetime, while pushing your physical limits at our picturesque venues. We know that you will have an unforgettable visit, and we hope that this event will become a highly anticipated date on your calendar in the future.

Thank you for choosing Bermuda, and don't forget to pause and enjoy the view.

## **HAZEL CLARK**

**Director of Global Sales and Business Development**

**Bermuda Tourism Authority**

**3X USA Olympian**

# Three races, three days, and one beautiful island.

The Chubb Bermuda  
Triangle Challenge  
returns from  
January 13-15.





# CHUBB®

On behalf of Chubb, I would like to welcome all participants to the Bermuda Triangle Challenge 2023.

As a leading property and casualty insurer in the U.S. and around the world, Chubb helps businesses, families and individuals stay a step ahead. Chubb is proud to sponsor this event attracting a full spectrum of the running community, both locally and from abroad. The Bermuda Triangle Challenge offers participants multiple racing formats, that in turn provide the opportunity to test all athletic levels.

It's fantastic to see so many runners from overseas taking part in this race event, which will provide the opportunity to experience Bermudian culture and to enjoy the beauty of our island home. We are also very proud of the continued local participation in the event, which highlights the competitive spirit of our Bermuda residents and the continued strength of the sport on the island.

We thank you for your participation and wish you all the best with the 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  
2023 Bermuda Triangle Challenge.

Best of luck to all participants!

Chubb. Insured.<sup>SM</sup>

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are protected trademarks of Chubb.



We are delighted to be sponsoring the Butterfield Mile once again as part of the Chubb Bermuda Triangle Challenge 2023.

Whichever race you are running, you'll find yourself among talented international and local competitors, and cheering supporters in an atmosphere that makes this weekend one of the most popular on-island.

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

Good luck!

A handwritten signature in black ink, appearing to read "Michael Neff". The signature is fluid and cursive.

**MICHAEL NEFF**

**Managing Director of Bermuda and International Wealth  
The Bank of N.T. Butterfield and Son Limited**

# Supporting our community



Proud sponsor of the 2023 Butterfield Mile.

**The Banker**



Bank of the Year 2022

**BERMUDA**

[butterfieldgroup.com](https://www.butterfieldgroup.com)



**BUTTERFIELD**

The Bank of N.T. Butterfield & Son Limited is licensed to conduct banking business by the Bermuda Monetary Authority. Address: 65 Front Street, Hamilton HM 12, Bermuda.



On behalf of all at BF&M, I would like to extend a very warm welcome to all the participants in the 2023 Chubb Bermuda Triangle Challenge. As a leading health insurer and wellness partner in Bermuda, we are proud to be the lead sponsor of the 10k Run & Walk—a race which draws 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.

**ABIGAIL CLIFFORD**

**Group President and Chief Executive Officer**  
**BF&M Limited**

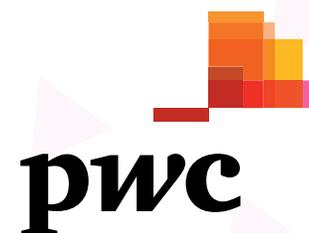
# Love your life.

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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 10K Run & Walk as part of the 2022 Chubb Bermuda Triangle Challenge—so you can keep running and keep on loving life.





PwC Bermuda welcomes you to the 2023 Chubb Bermuda Triangle Challenge (BTC).

As the title sponsor of Sunday's PwC Bermuda Marathon, Half Marathon and Half Marathon Relay, we are thrilled to be a part of this international running celebration. It has been a Bermuda success for 46 years – and is returning bigger and better than ever after the pandemic enforced break for the past two years! The PwC Bermuda Marathon and Half Marathon have always provided an opportunity for participants of all ages, abilities and fitness levels to test themselves physically and mentally while traversing our scenic island. The introduction of the PwC Half Marathon Relay this year is an exciting addition to the weekend's activities that will allow an even greater number of participants to experience what is a truly special event.

Look out for our PwC Cheer Station and Water Stop volunteers, who will be out in force to support race participants. We are excited to continue to grow this event and we look forward to welcoming the runners and their families and friends to Bermuda from January 13-15, 2023.

See you at the Starting Line!

**COLM HOMAN**  
Partner, PwC Bermuda



Proud sponsor of the

# PwC Bermuda Marathon, Half Marathon and Half Marathon Relay



Go the distance!



Welcome racers,

On behalf of Global Atlantic Re, I would like to extend an enthusiastic greeting to everyone participating in the 2023 Bermuda Triangle Challenge!

Over four decades, The Bermuda Triangle Challenge has grown to become a high profile event for running enthusiasts from around the world, boasting multiple inspiring competitions in one of the most extraordinary racing environments imaginable. To all visitors, we hope you get the most out of your running experience, while also making time to enjoy everything Bermuda and its unique culture has to offer.

As a leading reinsurance provider, we at Global Atlantic Re focus our efforts on longevity in all our client relations and care deeply about fitness, health and wellness. That's why we're very proud to be a sponsor of this year's Bermuda Triangle Challenge.

We thank you for your participation in the Bermuda Triangle Challenge 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](http://globalatlantic.com)



Reinsurance transactions are entered into by Global Atlantic Re Limited, 19 Par-La-Ville Rd Second Floor, Hamilton, Bermuda or Commonwealth Annuity and Life Insurance Company.

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# INTERVIEW WITH MEB KEFLEZIGHI

**BOSTON AND NEW YORK  
MARATHON CHAMPION &  
OLYMPIC SILVER MEDALIST**

Meb is our guest speaker for the 2023 Chubb Bermuda Triangle Challenge Pre-Race Pasta Dinner, hosted and presented by Global Atlantic Re on Saturday, January 14th | 6-8pm at Hamilton Princess



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

*Every marathon is a challenge in its own way, but my most challenging was the 2016 Olympic Trials in Los Angeles, California. It was a dry heat and there was no shade out on the course that day. I always respect the distance, but Mother Nature is out of my control and that day showed that.*

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

*Struggling during a race is part of the process and I know that so I try to prepare for that as much as I can. During the race, I try to get the most out of what I can in that moment. In 2013 at the New York City Marathon, I was just trying to find any way to get to the finish line and in understanding that there are highs and lows in life, I was able to persevere on that day.*

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

*Success comes with preparation so first would be preparing in practice because practice gives you confidence. Second would be commitment so commit to finish the best you can. Finally I would say patience because it is not always going to go your way, but make the most of what you got at that moment and it could turn around for you.*

## 4. WHAT LIFE LESSONS HAS LONG DISTANCE RUNNING TAUGHT YOU?

*I feel better when I run in terms of exercise, perspective, and processing things. When I go for a run of any distance I am always able to think and process things better. Sometimes, I am quick to react to things in life but going for a run allows me to come back calmer and be more adaptable or flexible with plans.*

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

*Yes, I think it will and I think they are just scratching the surface now. Kipchoge has shown us that it is within our sight.*

## 6. IN 2010 YOU CREATED THE MEB FOUNDATION TO PROVIDE YOUNG PEOPLE WITH THE TOOLS TO LEAD HEALTHY, ACTIVE LIFESTYLES. WHAT ADVICE DO YOU HAVE FOR THE NEXT GENERATION OF ATHLETES?

*Technology and electronics are playing a big role in this next generation in general and can dilute the greatness of sport. Sometimes we see those participating in youth fitness take the easy way out and go back to their electronics rather than exercising. My idea is to show how exercise, any part of sport, is good exercise. Exercise brings balance to people's life no matter the age so introducing to them that running can be fun.*

## 7. WHAT MAKES YOU HAPPY?

*Running, the sun and being by the water, being around family and friends, and seeing people who exercise all make me happy.*



**CHUBB<sup>®</sup>**  
**BERMUDA**  
**TRIANGLE CHALLENGE**

**SCHEDULE**  
**JANUARY 13TH - 15TH, 2023**

DATE	TIME	EVENT	LOCATION
<b>FRIDAY</b> January, 13th	10:00am - 6:00pm	Packet Pick-Up, Late Registration & Race Expo	Hamilton Princess, 76 Pitts Bay Rd.
	7:00pm	Butterfield Mile (1st race in The Chubb Bermuda Triangle Challenge Series)	Front Street, Hamilton
<b>SATURDAY</b> January, 14th	9:00am	BF&M Bermuda 10k Run & Walk (2nd race in The Chubb Bermuda Triangle Challenge Series)	National Sports Centre, Prospect, Devonshire (North Field)
	9:30am - 11:30am	Finish Festival	National Sports Centre, Prospect, Devonshire (North Field)
	11:00am	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.
<b>SUNDAY</b> January, 15th	7:00am	PwC Bermuda Marathon	Start Location: Royal Naval Dockyard   Finish Location: Barr's Bay Park
	9:00am	PwC Bermuda Half Marathon and PwC Bermuda Half Marathon Relay	Start/Finish Location: Barr's Bay Park, Hamilton
	9:00am - 2:00pm	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

# OUR ELITE ATHLETES

## FEMALES

Christina Vergara Aleshire, USA – Mile/10k  
Stephanie Hodge, Canada – Full Challenge  
Gina McNamara, USA – Half Challenge  
Joanna Rybacka, Poland – Half Challenge  
Sarah Schultz, USA – Mile/ 10k  
Ellie Stevens, UK – Mile, 10k

## MALES

Elias Graca, USA – Half Challenge  
Grant Grosvenor, USA - Mile  
Adrian Haines, UK – Mile/10k  
Christian Harrison, USA - Mile  
Wojciech Kopec, Poland – Full Challenge  
Dylan Lowry, USA – Mile/10k  
Dennis Mbelenzi, Kenya – Marathon  
Dage Minors, Bermuda - Mile  
Bryan Morseman, USA – Full Challenge  
Ryan Outerbridge, Bermuda - Mile  
JJ Santana, USA – Half Challenge  
Jordan Schilit, USA - Half Challenge

*\*Please note: This information is correct at the time of printing. It is meant as a guide only and we cannot accept responsibility for errors or subsequent changes.*

# EXPO EXHIBITOR/ VENDOR LIST

## FEATURED BOOTHS

- BTC Merchandise Booth: [bermudatrianglechallenge.com](http://bermudatrianglechallenge.com)
- Sportseller: [Instagram](#) & [Facebook](#)
- Uniquely Yours: [uniquelyyoursbermuda.com](http://uniquelyyoursbermuda.com)

## EXHIBIT/VENDOR BOOTHS

- BTC Information/Transportation: [bermudatrianglechallenge.com](http://bermudatrianglechallenge.com)
- Bermuda Bookstore: [bookstore.bm](http://bookstore.bm)
- Bermuda Rum Cakes: [bermudarumcakes.com](http://bermudarumcakes.com)
- Alexandra Mosher: [alexandramosher.com](http://alexandramosher.com)
- Gosling's: [goslingslimited.com](http://goslingslimited.com)
- Bermuda Tourism Authority: [gotobermuda.com](http://gotobermuda.com)
- Oat Believable: [Instagram](#) & [Facebook](#)
- Swan's Running Club: [Facebook](#)
- Mid-Atlantic Running Club: [maac.bm](http://maac.bm)
- Marathon Tours: [marathontours.com](http://marathontours.com)
- BF&M: [bfm.bm](http://bfm.bm)
- Bermuda Diabetes Association: [diabetes.bm](http://diabetes.bm)



# HAMILTON PRINCESS

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*Dedicated to  
being Exceptional*

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CONGRATULATIONS TO ALL THE ATHLETES

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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 memories for our guests.

[www.thehamiltonprincess.com](http://www.thehamiltonprincess.com)





# MARATHON TOURS & TRAVEL

## EXPLORING THE SEVEN CONTINENTS ONE STRIDE AT A TIME



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AMERICA**



**SOUTH  
AMERICA**



**EUROPE**



**AFRICA**



**ASIA**



**OCEANIA**



**ANTARCTICA**

Now that you are starting 2023 off on the right foot...visit the Marathon Tours & Travel Booth to plan your next race destination!

Since 1979, we have offered running adventures to our clients and their travel companions on all seven continents. Our packages include a guaranteed entry with something to offer everyone.

Whether you wish to run a **marathon, ultra, half-marathon, 10K or 5K**, look to us to help make your race bucket list your reality list!

**GOOD LUCK TO ALL RUNNERS!**



[marathontours.com](http://marathontours.com)  
[@marathontours](https://www.instagram.com/marathontours)



CHUBB  
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PROUD TO BE THE OFFICIAL  
INTERNATIONAL TOUR OPERATOR OF THE  
CHUBB BERMUDA TRIANGLE CHALLENGE.



SCAN TO  
MAKE A  
RUM STOP...



VISIT OUR SHOPS IN BERMUDA

33 Front Street  
Hamilton, Bermuda



9 Dundonald Street  
Hamilton, Bermuda

## THE CHUBB BERMUDA TRIANGLE CHALLENGE

Participants in this daring event will try to survive while running '3 races in 3 days': a Mile, 10k and either the Full Marathon or Half Marathon. Participants will complete the Butterfield Mile on Friday, January 13th starting in un-seeded waves. The participants will then join the field for the BF&M 10k Run & Walk on Saturday, January 14th, and either the PwC Bermuda Marathon or PwC Bermuda Half Marathon on Sunday, January 15th. The female and male 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 so that it is clearly visible to race officials who need to be able to see it. Your race number is the same for all three events. *Please fill in medical information on the back of your race number.*

### 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 should wear your race number for all three races of The Chubb Bermuda Triangle Challenge.*

### 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 15th 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 Highland Spring water and Powerade to participants on the race course and at the finish area.

### FINISH FESTIVAL

After you have completed your race and gone through the finishing chute area please join us at our Finish Festival, on Saturday at the infield of the North field of the 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) and featuring 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 race course to assist you. In addition, the Bermuda Red Cross will also help and support 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: [www.bermudatrianglechallenge.com/results](http://www.bermudatrianglechallenge.com/results). Results will also be posted at: [www.bermudatiming.com](http://www.bermudatiming.com) and in The Royal Gazette newspaper.

## AWARDS

### BUTTERFIELD MILE

The Butterfield Mile Awards will be presented immediately following each race in the following categories for both males & females: 1st through 3rd: Primary School, Middle School, Senior School, Open (18-39), Masters (40-59), Senior Masters (60+), Elite.

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

**1st place: \$1500**  
**2nd place: \$500**  
**3rd place: \$250**

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 section of the Butterfield Mile.*

### BF&M 10K RUN & WALK

BF&M 10k Run cash prize awards will be presented in the following categories for both males and females: 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, or for the 10k walk. Age group awards will be presented for the 10k run for both males and females 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 presented for both males and females 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 presented for both males and females 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 2023 Chubb Bermuda Triangle Half Challenge and the 2023 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 presented 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+.

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

### **FINISHER CERTIFICATES**

Your Official Finisher Certificate will be emailed to you (at the email address provided during the sign-up process) in the days after the Chubb Bermuda Triangle Challenge concludes, and race results have been made official. Certificates will be emailed as a .jpg and will be available for download and printing. Printing and framing your Official Finisher Certificate is a nice way to commemorate your 2023 Chubb Bermuda Triangle Challenge performance.

### **APPEALS**

No appeal against the decision of the race organizers will be heard unless it is received via email by the Race Director 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](mailto:bermudatrianglechallenge@gmail.com)

In addition, a post race survey will be sent to all 2023 Chubb Bermuda Triangle Challenge participants via email in the days following the event. We encourage you to complete this survey, as it provides organisers with a valuable way to receive feedback and make improvements for future events!



Aspen is proud to sponsor  
the 2023 Bermuda  
Triangle Challenge.

**Good luck to all runners!**

[aspen.co](https://www.aspen.co)

**BEGIN WITH THE END IN MIND**



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**SKYPORT**



**CHUBB**  
**BERMUDA**  
TRIANGLE CHALLENGE

## **BUTTERFIELD MILE INSTRUCTIONS**

### ***PLEASE READ CAREFULLY***

#### **START**

The Butterfield Mile will start at 7:00pm. The starting area for runners doing the Half or Full Challenge 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.

#### **BUTTERFIELD MILE ROUTES**

In order to eliminate the figure 8 cross-over for the runners participating in the Chubb Bermuda Triangle Challenge, the (wave) starting line will be east of Burnaby Street. This starting line will be clearly marked. Wave participants will assemble in No. 5 Car Park. Bag drop off points for the Chubb Bermuda Triangle Challenge mile runners will be clearly marked.

The elite, open, and school mile runners will start west of Burnaby Street and will run the mile course as originally designed. This starting line will be clearly marked. Number pick up and bag drop off for the elite, open, and school mile runners will be at Pier 6.

#### **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. Do not place 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.

#### **FINISH**

The Butterfield Mile finish will be in front of The Bank of N.T. Butterfield Bank on Front Street. Refreshments will be available after you leave the finish chute.

#### **MEDALS**

Commemorative finisher 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**

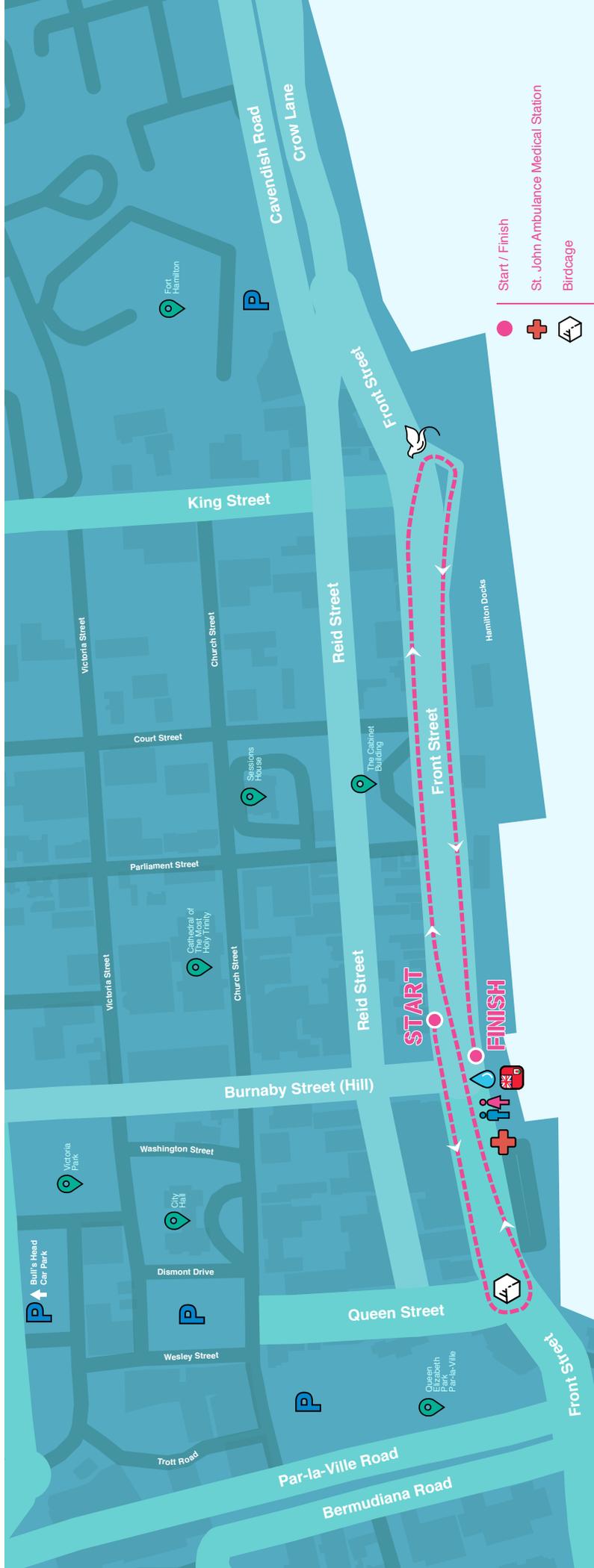
There will be a hydration station at the end of the finish chute. Highland Spring water and Powerade will be available at this hydration station.

#### **TOILETS**

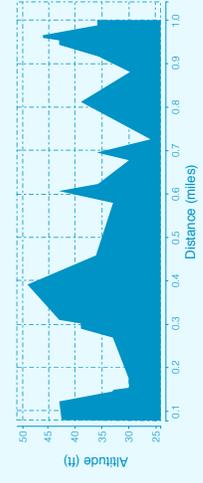
Toilet facilities will be available on Front Street near the start of the Chubb Bermuda Triangle Challenge runner wave start and end of the Butterfield Mile finish chute, close to the No. 5 Car Park.

#### **BUTTERFIELD MILE AWARDS**

Awards will be presented for the elite, open, and school mile runners at the conclusion of each Butterfield Mile race for those categories.



Total elevation of 16 feet and total descent of 23 feet

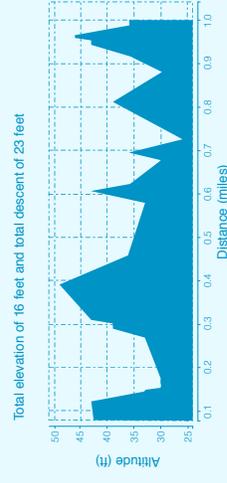
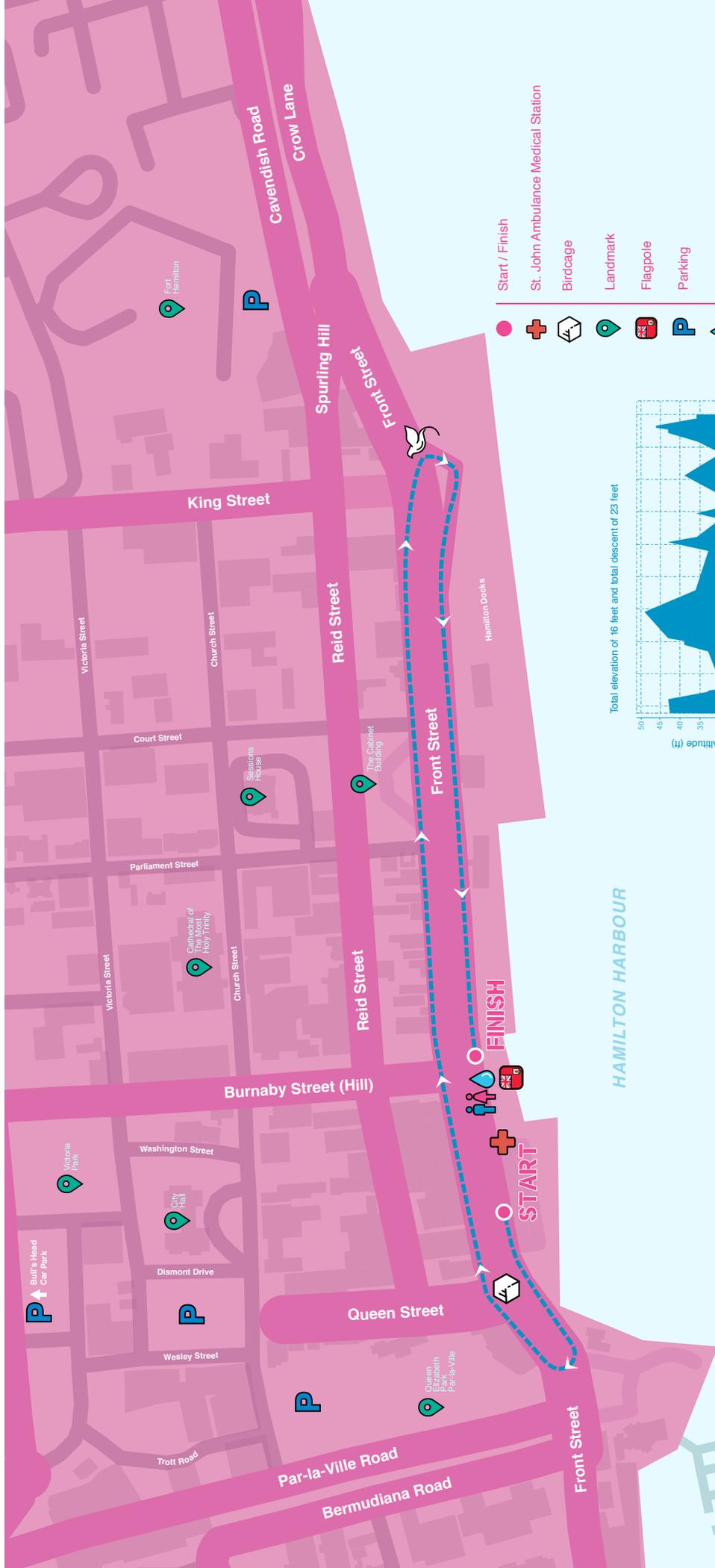


- Start / Finish
- ⊕ St. John Ambulance Medical Station
- 🏠 Birdcage
- 📍 Landmark
- 🚩 Flagpole
- P Parking
- 💧 Highland Spring Water & Powerade Station
- 🦢 Longtails Statue
- 🚻 WC / Toilet

**For More Information Visit:**  
[bermudatrianglechallenge.com](http://bermudatrianglechallenge.com)

**CHUBB** | **BUTTERFIELD MILE - ELITE, YOUTH & LOCAL QUALIFIERS**  
**BERMUDA TRIANGLE CHALLENGE**



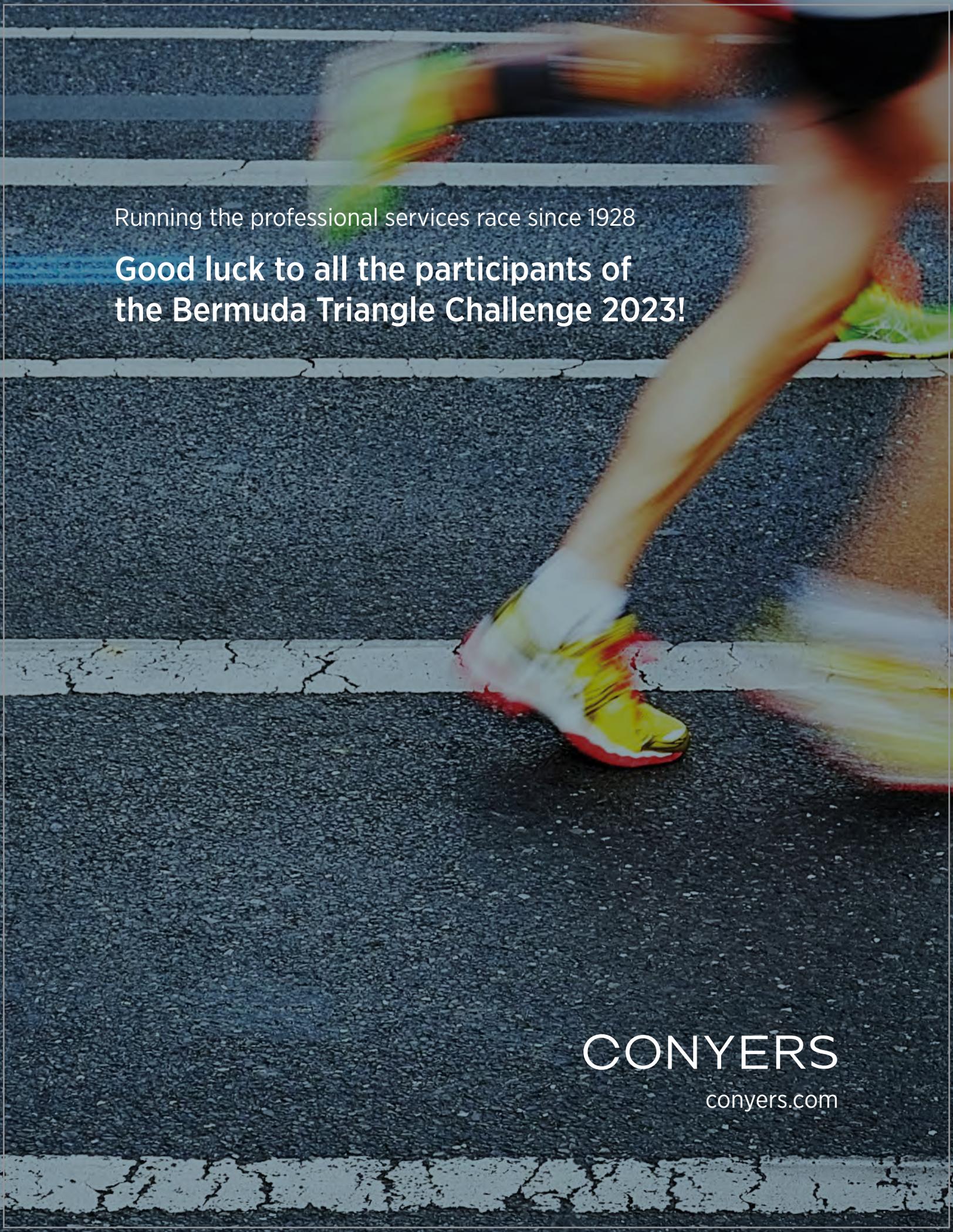


**CHUBB** | **BERMUDA TRIANGLE CHALLENGE**

# TRIANGLE CHALLENGE MILE



**For More Information Visit:**  
[bermudatrianglechallenge.com](http://bermudatrianglechallenge.com)



Running the professional services race since 1928

**Good luck to all the participants of  
the Bermuda Triangle Challenge 2023!**

**CONYERS**

[conyers.com](http://conyers.com)

# The creative process is a bit like running a marathon.

We'll leave the actual running to you, though!  
We wish all the racers the best of luck.

## STRATA-G

Proud sponsors of the Chubb Bermuda Triangle Challenge  
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Join us on Saturday, May 6, 2023 for miles of fun supporting great causes!

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**convex**  
**END<sup>to</sup>END**

  
BUTTERFIELD

Deloitte.

## **BF&M 10K RUN/WALK INSTRUCTIONS**

*PLEASE READ CAREFULLY*

### **START**

The BF&M 10k Run will start at 9:00am & the BF&M 10k Walk will start at 9:05am.

Participants are required to be in the start area on Frog Lane outside the National Sports Centre no later than 8:40am for the 10k run and 8:45am 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**

Frog Lane to Montpelier Road to Middle Road, left onto Middle Road to Flatts Hill, left onto North Shore Road, after the roundabout at the bottom of Barkers Hill, take a left onto Palmetto Road. While on Palmetto Road turn left onto Frog Lane and continue as directed to the finish line inside the North Field of the 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. Do not place 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.

### **FINISH**

The BF&M 10k Run/Walk finish line is on the running track inside the North Field of the National Sports Centre. Refreshments will be available after you leave the finish chute. Restrooms are also located near the finish chute.

### **MEDALS**

Commemorative finisher 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.

### **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 center line in preparation for entering the North Field of the 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 and approximately 4 ½ miles. Highland Spring 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 National Sports Centre. There will also be portable toilets along the course, and these will be available at approximately 3 miles and approximately 4 ½ miles.

**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 11:00am.

There will be no cash awards for age group winners, or for the 10k walk. Age group awards will be presented for both males and females in the following categories:

12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

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

**RUNNER BAGS**

Participants may choose to leave their bags in a tent at the Pavilion. Neither the Bermuda National Athletics Association nor the 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.



**Luxury curated cookies themed around things Bermudian**

Our biscuits are individually cut, baked and hand-iced. Each one is unique, based on themes from our island life, here in Bermuda. These are luxury biscuits, lovingly made using the highest quality ingredients, mostly organic. Each different theme comes with a description, its history and the part it plays in modern day Bermuda. These beautifully hand iced biscuits are packaged on recyclable card and heat sealed within a plant based 'plastic' sleeve. They are suitable for travel if handled with care. A unique gift for a friend or loved one, or to take home as a reminder of your visit to our islands. We are proud of our island home and enjoy the time and care that goes into making each exquisite biscuit - modern gifting with a twist.

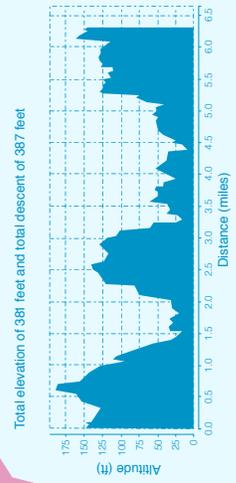
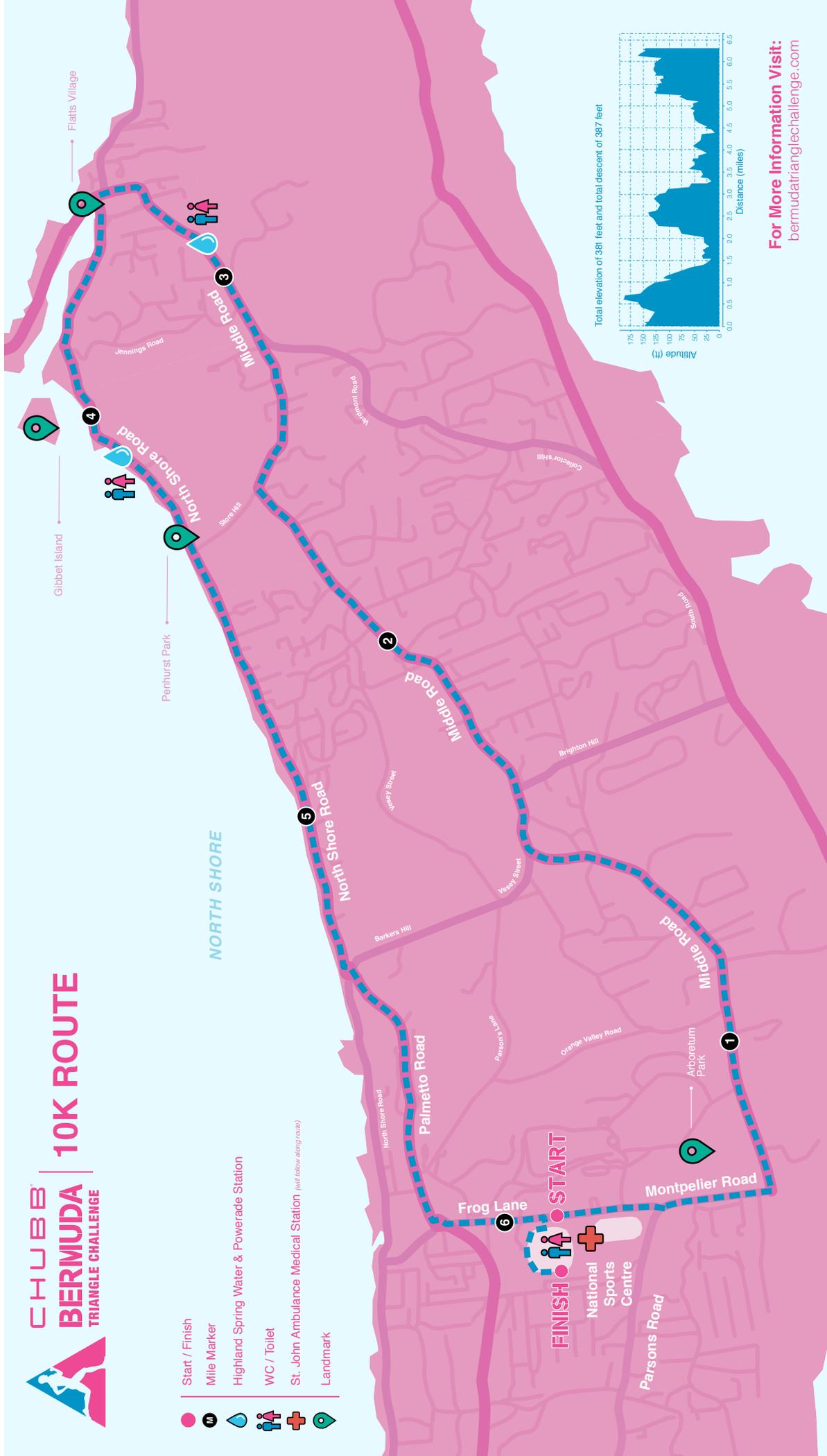
*Custom orders also available online.*





# CHUBB BERMUDA TRIANGLE CHALLENGE 10K ROUTE

- Start / Finish
- Mile Marker
- Highland Spring Water & Powerade Station
- WC / Toilet
- St. John Ambulance Medical Station *(will follow along route)*
- Landmark



**For More Information Visit:**  
[bermudatrianglechallenge.com](http://bermudatrianglechallenge.com)

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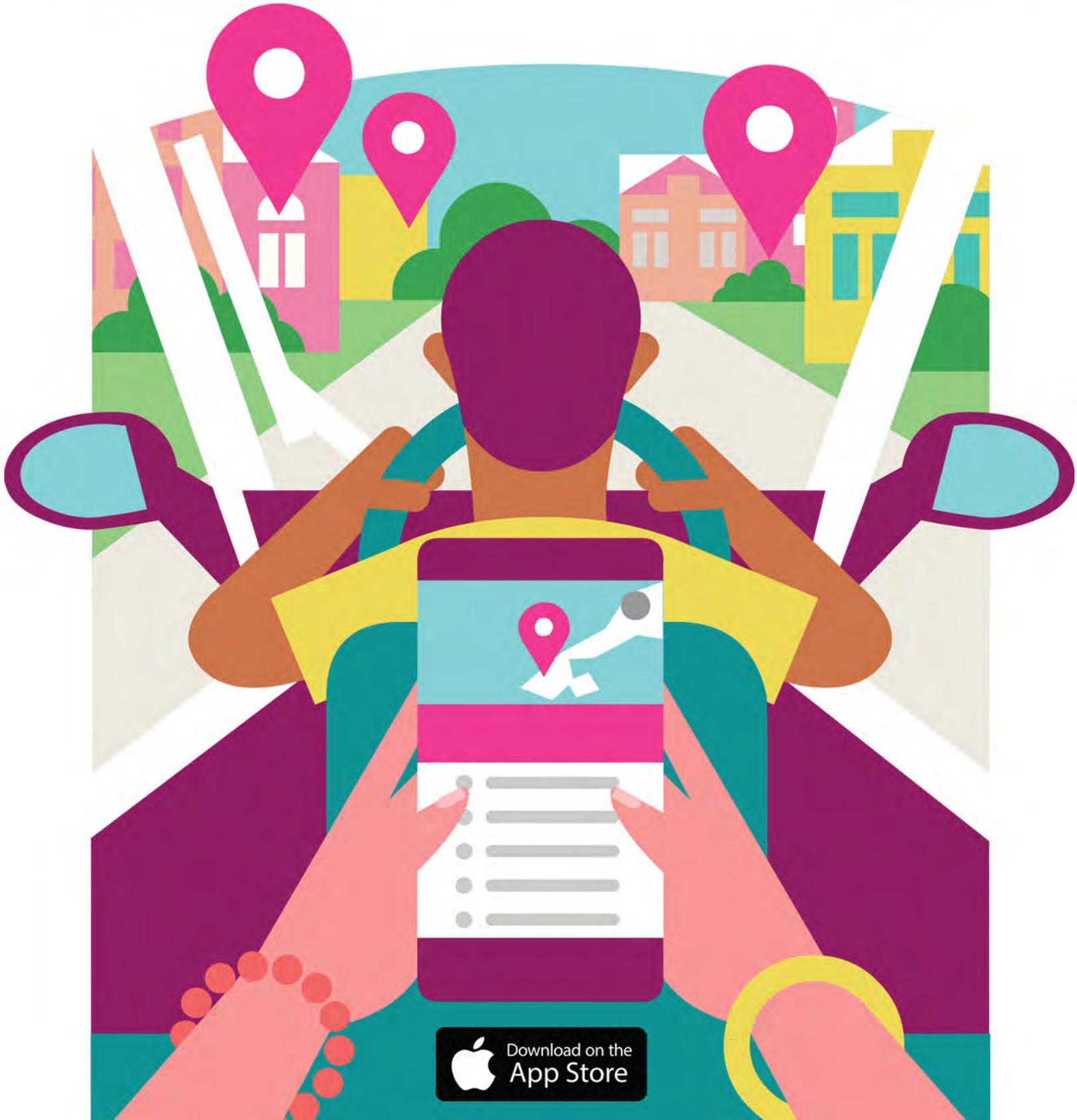


CITRA SMASH - ONE OF OUR FLAGSHIP BREWS | [bermudacraftbrewing.com](http://bermudacraftbrewing.com)

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WHERE TO EAT?



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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.

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

### **RUNNER BAGS**

Participants may choose to leave their bags in a 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. 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**

The half marathon 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, westerly 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 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.

### **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**

Highland Spring 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, Highland Spring 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 from the hydration station tables. 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.

### **GOSLING'S RUM STOPS**

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

Gosling's 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 finisher 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 presented for both males and females in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

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



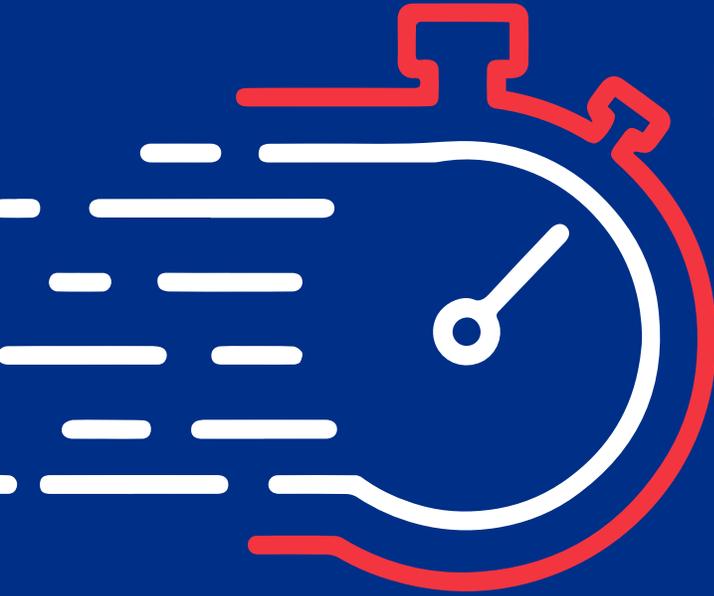


# Best of luck runners. You've got this!

*Take it from us—we know a thing or two about speed.*

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*Congratulations*  
to all of the  
**2023 Bermuda Triangle Challenge**  
**Participants**

**The Royal Gazette**

## 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 15th. 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 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 Highland Spring water, Powerade, coffee and pastries, and a bag drop area.

### RUNNER BAGS

Marathon participants may choose to leave their bags 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 no later than 6:45am. 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. 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 MARATHON: 7:00AM

Runners are asked to be in the Start Area no later than 6:40am.

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.

### 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 Pender Road. Marathon participants will then travel in a westerly direction along Pender Road to Cockburn Road, 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 to the 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 Overplus 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. 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 Railway Trail to Frank Bay and the Middle Road junction, then travel 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 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. 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 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.

### **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 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 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. The west bound lane closure to the Point Finger junction on South Road will be under Police control. From the South Roundabout at South Road, the marathon runners will move back to the left side of the centre line and join the half marathoner 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 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 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 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**

Highland Spring 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, Highland Spring 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 from the hydration station tables. 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: 14.90 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.

### **GOSLING'S RUM STOPS**

Gosling's Rum Stops (yes, you read that right, we have rum stops for the PwC Bermuda Marathon with Bermuda's finest rum from Gosling's) will be available at approximately: 12.6 miles, 18.7 miles and 23.4 miles.

Gosling's 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, 14.0 miles, 16.1 miles, 18.7 miles, 20.7 miles, 22.1 miles and 24.4 miles.

### **FINISH**

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

## **MEDALS**

Commemorative finisher 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 presented for both males and females in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

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



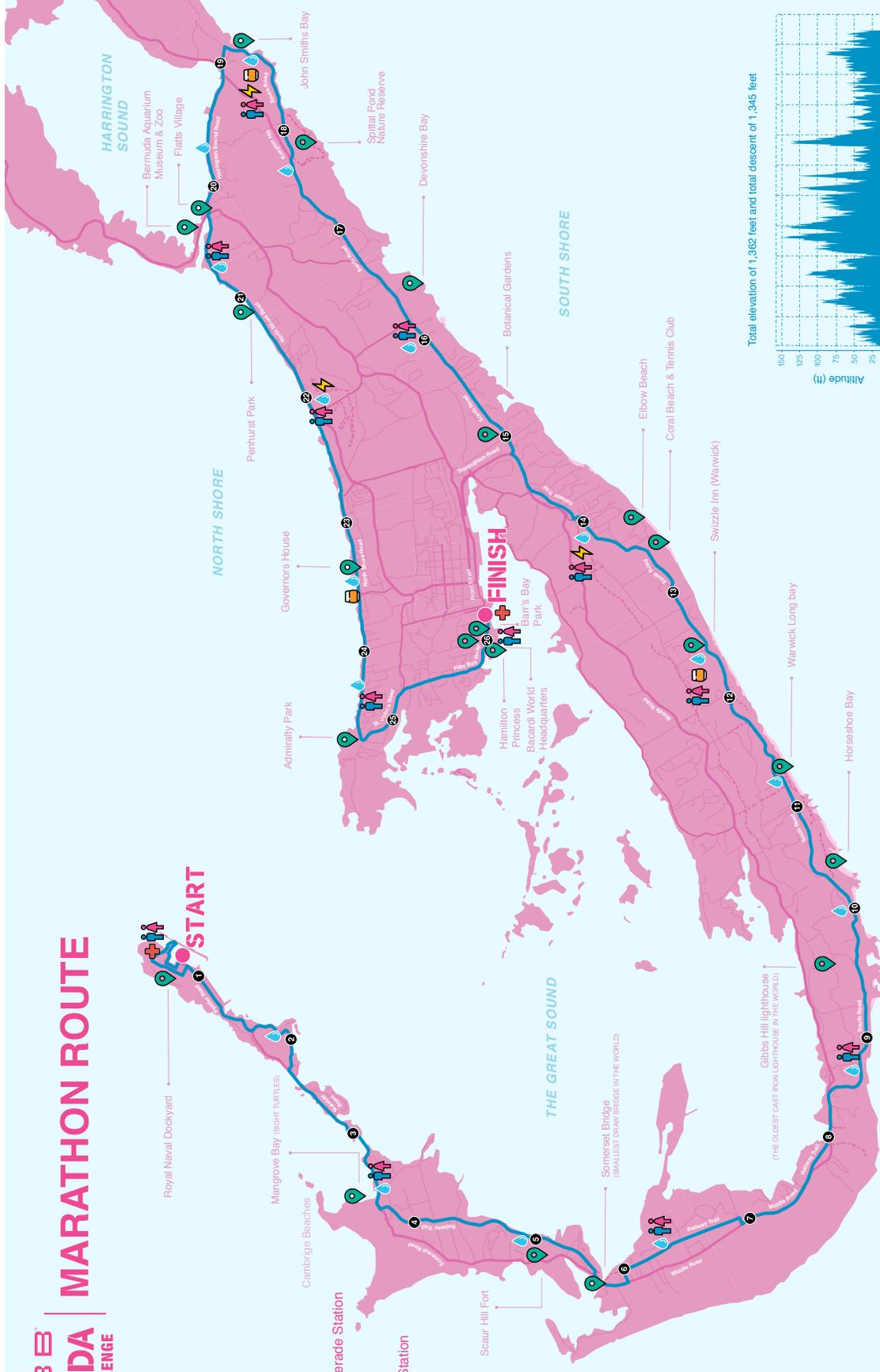
# CHUBB BERMUDA TRIANGLE CHALLENGE

## MARATHON ROUTE

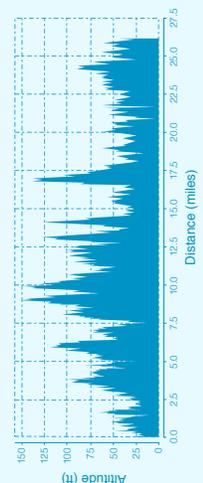
**START**

**FINISH**

- Start / Finish
- M Mile Marker
- Highland Spring Water & Powerade Station
- ♻️ WC / Toilet
- + St. John Ambulance Medical Station
- 📍 Landmark
- 🍷 Gosling's Rum Stop
- ⚡ GU Gel Station



Total elevation of 1,362 feet and total descent of 1,345 feet



**For More Information Visit:**  
[bermudatrianglechallenge.com](http://bermudatrianglechallenge.com)



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# CONGRATULATIONS TO ALL PARTICIPANTS OF THE BERMUDA TRIANGLE CHALLENGE!

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## **PwC BERMUDA HALF MARATHON RELAY INSTRUCTIONS**

### ***PLEASE READ CAREFULLY***

For 2023, there is a new challenge: the PwC Bermuda Half Marathon Relay! Teams of **TWO (2) to FOUR (4)** people 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.

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

### **RUNNER BAGS**

Half marathon relay participants may choose to leave their bags in a 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. 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**

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

off strip at the bottom of your bib 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.

*\*Note: 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**

Highland Spring 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, Highland Spring 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 from the hydration station tables. 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.

### **GOSLING'S RUM STOPS**

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

Gosling's 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 finisher 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 team
- All female team
- Mixed team

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

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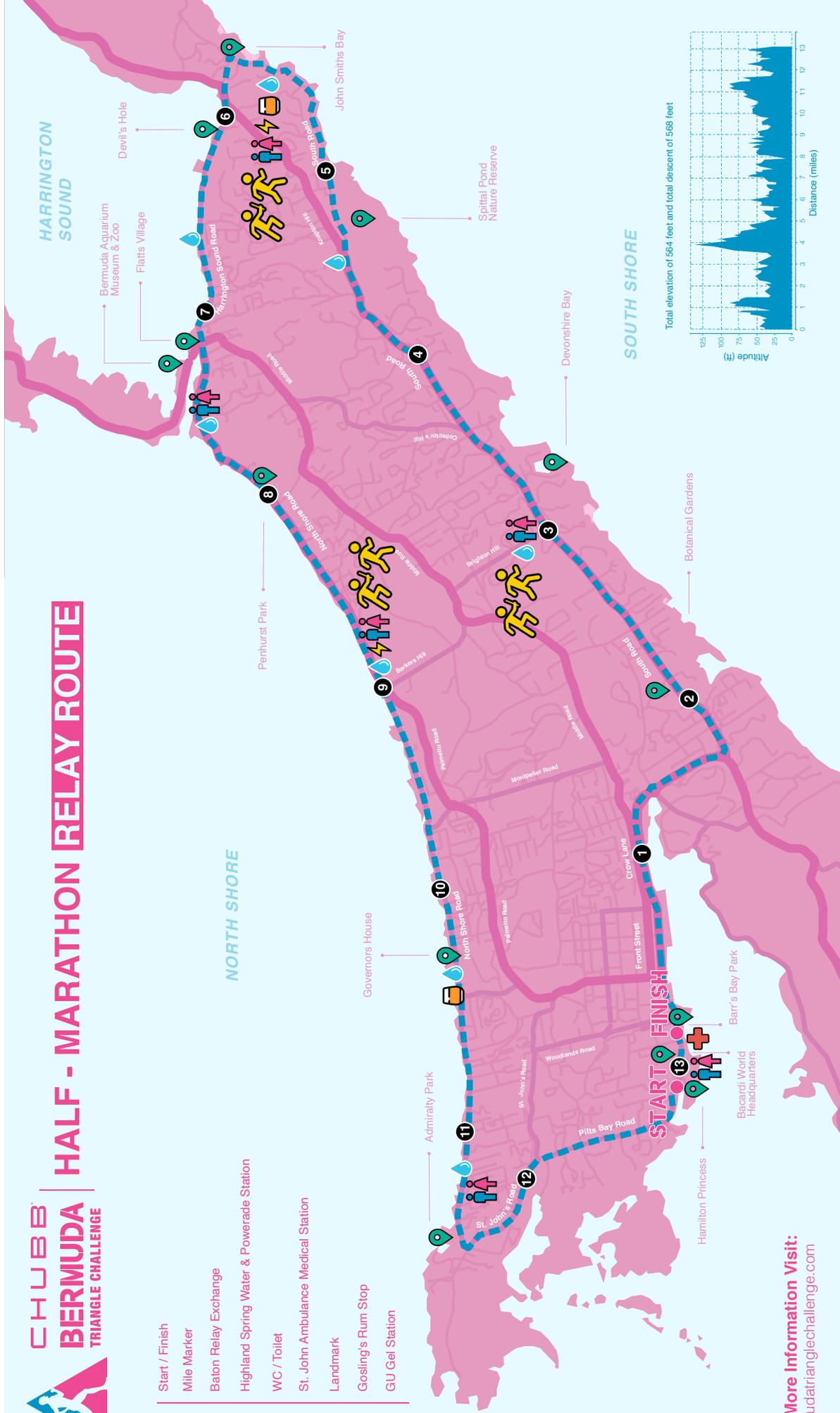
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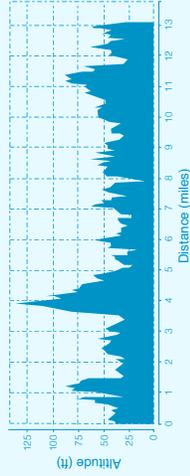


# HALF - MARATHON RELAY ROUTE

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



Total elevation of 564 feet and total descent of 568 feet



**For More Information Visit:**  
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**RACE DATES:  
SUNDAY, FEBRUARY 12TH, 2023  
SUNDAY, MARCH 26TH, 2023  
SUNDAY, APRIL 2ND, 2023  
SUNDAY, MAY 7TH, 2023**

## **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 pre-existing health or medical condition 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 received proper 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 notice a gradual increase in hip or groin pain with 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 the 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 the 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 in 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 during 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 Highland Spring 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 Highland Spring water, so you might not need to drink at every one. If you've 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 carbohydrates (pasta, bread, potatoes, cereals, rice, and sweet things), especially for the last three days when

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 carbohydrates 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 diarrhea 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 or them 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 use shoes you know from experience will not give you blisters.

### **AT THE FINISH**

Once you have completed a race, do not stand around getting cold. Keep walking, especially if you feel dizzy, and drink to replace lost liquid. Get your kit and change into warm, dry clothing. Foil blankets will not stop you from becoming cold. Keep drinking slowly and 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 not eaten anything. Again, do not drink excessively.

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# TRAFFIC ORDER

## BUTTERFIELD MILE

**FRIDAY, JANUARY 13TH, 2023**

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 Flora Duffy Hill up Spurling Hill and along Reid Street.

### CITY OF HAMILTON CLOSURES:

**NO. 1 AND NO. 5 CAR PARK:** Closed from 4.00pm to 11:00pm.

- **FRONT ST. FROM SPURLING HILL TO PAR-LA-VILLE ROAD.**
- **COURT ST. BETWEEN REID ST. AND FRONT ST.**
- **BURNABY HILL BETWEEN REID ST. AND FRONT ST.**
- **QUEEN ST. BETWEEN FRONT ST. AND REID ST.**

Closed from 5.30pm to 11:00pm.

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

In addition, the Bermuda Police is 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

**SATURDAY, JANUARY 14TH, 2023**

For the convenience of persons attending the Bermuda National Athletics Association, 10K 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 8.45am 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 Parson Lane to Frog 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.

### 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 approximately 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.

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

**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.

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

## PwC BERMUDA MARATHON

**SUNDAY, JANUARY 15TH, 2023**

For the convenience of persons attending the Bermuda National Athletics Association, Bermuda 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 7.30am.

## PwC BERMUDA MARATHON CONTINUED

**DOCKYARD TERRACE:** From Camber Road to Maritime Lane between 6.00am and 7.30am.

**MARITIME LANE:** From Dock Yard Terrace to Smithery Lane between 6.00am and 7.30am.

**SMITHERY LANE:** From Maritime Lane to Clock Tower Parade between 6.00am and 7.30am.

**CLOCK TOWER PARADE:** From Smithery Lane to Pender Road between 6.00am and 7.30am.

### PUBLIC ROAD AREAS

**PENDER ROAD:** From Clock Tower Parade to Cockburn Road between 6.30am and 8.00am.

**COCKBURN:** From Pender Road to Malabar Road between 6.30am and 8.30am.

**MALABAR ROAD:** From Cockburn Road to Mangrove Bay Road between 6.30am and 8.30am.

**MANGROVE BAY ROAD:** From Malabar Road to Beacon Hill Road between 6.30am and 8.30am.

**BEACON HILL ROAD:** From Mangrove Bay Road to Railway Trail between 6.30am and 8.30am.

**RAILWAY TRAIL:** From Beacon Hill Road to Somerset Road near Somerset Bridge between 6.30am and 9.00am.

**SOMERSET ROAD:** From Railway Trailer to Middle Road at Somerset Bridge between 7.00am and 9.00am.

**MIDDLE ROAD:** From Somerset Road to Over Plus Lane between 7.00am and 9.00am.

**OVERPLUS LANE:** From Middle Road to Railway Trail between 7.00am and 9.00am.

**RAILWAY TRAIL:** From Overplus Lane to Tribe Road No. 5, Southampton between 7.00am and 9.00am.

**TRIBE ROAD NO. 5, SOUTHAMPTON:** From Railway Trail to Middle Road between 7.00am and 9.30am.

**MIDDLE ROAD:** From Tribe Road No 5 to Whale Road and Railway Trailer junction between 7.00am and 9.30am.

**RAILWAY TRAIL:** From Whale Bay Road junction to Franks Bay and Middle Road junction between 7.00am and 9.30am.

**MIDDLE ROAD:** From Franks Bay to South Road junction between 7.00am and 9.30am.

**SOUTH ROAD, SOUTHAMPTON, WARWICK, PAGET, DEVONSHIRE, SMITH:** From Middle Road, Southampton to Devil's Hole, Smith junction

Between 7.00am and 11.00am. The East bound 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.

### 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 7.30am to 10:00am.

**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 to Pender Road, then travel in a westerly direction along Pender Road to Cockburn Road, then 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 direction 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 is hereby authorized 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 and then turn on South Road and then travel in a westerly direction to their destination.

## **PwC BERMUDA HALF MARATHON & PwC BERMUDA HALF MARATHON RELAY SUNDAY, JANUARY 15TH, 2023**

For the convenience of persons attending the Bermuda National Athletics Association, Bermuda Half Marathon and 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.

**TRIMMINGHAM 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 7.30am 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 Trimmingham 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.

# THANK YOU!



CHUBB  
BERMUDA  
TRIANGLE CHALLENGE

[bermudatrianglechallenge.com](http://bermudatrianglechallenge.com) | [bermudatrianglechallenge@gmail.com](mailto:bermudatrianglechallenge@gmail.com)

