



CHUBB®  
BERMUDAΔ  
TRIANGLE CHALLENGE

# OFFICIAL PROGRAMME

JANUARY 16TH - 18TH, 2026

# TABLE OF CONTENTS

<b>3-20</b>	Welcome Letters	<b>80</b>	Meet the Pacers
<b>21-23</b>	Sustainability Initiative	<b>84-86</b>	Entertainment Schedule
<b>24</b>	Event Schedule	<b>89-99</b>	Getting Around Bermuda
<b>25</b>	Interview with Guest Speaker, Paula Radcliffe, MBE	<b>101</b>	Bermuda Arrival Card
<b>26</b>	Expo Vendor List	<b>103-105</b>	Medical Information
<b>27</b>	Expo Hall Map	<b>109-112</b>	Traffic Notice
<b>28</b>	Virtual Race Bag Vendor List & Offers		
<b>29</b>	Virtual Race Bag		
<b>32-34</b>	The Chubb Bermuda Triangle Challenge Information		
<b>36-37</b>	Butterfield Mile Instructions		
<b>38</b>	Challenge Mile & Butterfield Mile - Open Division Map		
<b>39</b>	Butterfield Mile Map		
<b>40</b>	Mascot Race Information		
<b>41</b>	Butterfield Mile Vendor Map		
<b>42-43</b>	Meet the Butterfield Mile Elites		
<b>47-48</b>	Allshores 10k Run & Walk Instructions		
<b>49</b>	Allshores 10k Run & Walk Map		
<b>52-53</b>	Allshores 5k Run & Walk Instructions		
<b>54</b>	Allshores 5k Run & Walk Map		
<b>55</b>	Allshores Finish Festival Vendor Map		
<b>58-61</b>	PwC Bermuda Marathon Instructions		
<b>62</b>	PwC Bermuda Marathon Map		
<b>65-67</b>	PwC Bermuda Half Marathon Instructions		
<b>68</b>	PwC Bermuda Half Marathon Map		
<b>72-75</b>	PwC Bermuda Half Marathon Relay Instructions		
<b>76</b>	PwC Bermuda Half Marathon Relay Map		
<b>77</b>	Barr's Bay Park Finish Festival Vendor Map		



## GOVERNMENT HOUSE BERMUDA

It is with great pleasure that I welcome all participants, supporters, and visitors to the 2026 Chubb Bermuda Triangle Challenge. Over three exhilarating days, runners from around the world will experience the hospitality and natural beauty of Bermuda.

With its origin dating back over 50 years, this event has evolved into a special sporting experience, attracting competitors from all over the world. They may come for the running, but I am confident they will leave with even better memories of the warmth of an island that welcomes and looks after its visitors like no other.

I am looking forward to joining many other runners attempting their first Triangle Challenge. It is more than a race — it is a celebration of community and international friendship. I commend the organisers, volunteers, and sponsors for their commitment to making this event a highlight of our sporting calendar.

To all the runners: as you work hard to complete the Challenge, I hope you also take time to look up from the route and appreciate the uniqueness of our island home. Best wishes for a successful and enjoyable Challenge.

**HIS EXCELLENCY ANDREW MURDOCH CMG**  
Governor and Commander-in-Chief



GOVERNMENT OF BERMUDA

Dear Friends,

Welcome to the 2026 Chubb Bermuda Triangle Challenge!

The start of each new year brings a special kind of energy to Bermuda, and nothing captures it quite like this weekend. Athletes from around the world join our local running community to take on a lineup of events that highlight the very best of sport on our island.

What makes this weekend truly remarkable is not just the competition, but the people who bring it to life. Our deepest appreciation goes to the volunteers whose dedication keeps everything moving, to the sponsors who continue to champion this event, and to the spectators who show up year after year with unmatched enthusiasm. Their efforts and support are the backbone of this Challenge.

At its heart, the Chubb Bermuda Triangle Challenge represents more than running, it reflects the unity, hospitality, and spirit of Bermuda itself. Runners, thank you for pushing your limits and inspiring us with your commitment. Spectators, your cheers, encouragement, and that favourite classic Bermudian “looking good!” add a unique warmth that sets this event apart from any other race in the world.

With the 2026 events now underway, let’s embrace the sense of togetherness that defines this weekend. Here’s to every runner, may your race be your best yet, and reaffirming Bermuda’s place as a premier destination for sport and togetherness.

Warm Regards,

A stylized black ink signature of Owen K Darrell.

**THE HON OWEN K DARRELL, JP MP**  
Minister of Tourism & Transport, Culture & Sport





Dear Participants and Spectators,

Another year is upon us, and the Bermuda National Athletics Association is honoured to host the prestigious Chubb Bermuda Triangle Challenge. This extraordinary weekend is more than a series of races, it is a celebration of the vastness of athletics and a beautiful fusion of locals and visitors, coming together in the true spirit of sport. It is a time when we all step up to the same start line, share in great competition, enjoy warm comradery, and create memories that last long after the final finish.

From the bright lights of Front Street to the scenic 10K route weaving through our central parishes, and finally to the marathon journey that showcases the full extent of our island's breathtaking beauty, this event captures the very essence of why Bermuda is truly "another world." We are delighted that you get to experience it in such a meaningful and unforgettable way.

To our repeat participants, welcome back "home." Thank you for returning year after year to celebrate this remarkable weekend with us. Many of you have joined us so many times that you can now proudly crown yourselves "Bermuda Onions"!

To the local organizing committee, our valued sponsors, and the dedicated volunteers, thank you for your vision, your execution, and your tireless efforts. Your commitment ensures that the Bermuda Triangle Challenge continues to take center stage and evolve with each passing year. Without you, this event simply would not be possible.

On behalf of the BNAA Board, I wish all athletes a successful weekend, and we hope every spectator enjoys the energy, unity, and excitement that define the 2026 Chubb Bermuda Triangle Challenge.

Sincerely,

A stylized, handwritten signature in black ink, consisting of several loops and a long horizontal stroke.

**JARITA VICKERS**

President of the Bermuda National Athletics Association



## BERMUDA TOURISM AUTHORITY

Dear Guests,

Welcome to the 2026 Chubb Bermuda Triangle Challenge!

We are delighted to host you for a weekend that blends competition, camaraderie, and the unmistakable charm of our island home. Whether this is your first time joining us or you're returning to take on a new distance, Bermuda offers the perfect backdrop for pushing your limits and discovering what you're capable of.

This year's Challenge also coincides with Bermuda Restaurant Weeks, giving you the perfect opportunity to enjoy a taste of Bermuda while you're here. After taking on our beautiful courses, we invite you to explore the island's dining scene—from beloved Bermudian classics to innovative, island-inspired cuisine. It's a wonderful way to round out your race weekend and connect with our culture through food.

Bermuda has always been a place where new challenges feel possible. Our stunning race routes, welcoming community, and deep spirit of hospitality come together to create an experience like no other. Throughout the weekend, I encourage you to enjoy the beauty around you, connect with fellow athletes, and share a moment with the volunteers and residents who proudly cheer you on. And as you take it all in, we'd love to see your journey through your eyes - your highlights, your triumphs, and the magic you discover along the way. If you feel inspired, please tag us @bermuda so we can celebrate those moments with you.

Thank you for choosing to run with us this year. We hope you'll carry this experience home - and bring a friend with you next year to be part of the adventure. Wishing you an unforgettable weekend of incredible racing.

Warm regards,

A handwritten signature in black ink that reads "Erin D. Wright".

**ERIN WRIGHT**

Acting CEO, Bermuda Tourism Authority



## BERMUDA Restaurant Weeks



# Bermuda Restaurant Weeks

January 16th - February 16th, 2026

This year, *Bermuda Restaurant Weeks* returns bigger, bolder, and more delicious than ever.

Enjoy two-course lunches and three-course dinners inspired by Bermuda's culinary traditions and created by talented chefs. Menus range from \$35 to \$69.

After a weekend of non-stop running, you deserve a good meal (or two)! Check out our list of participating restaurants and their menus on our website.



**BERMUDA**  
GoToBermuda.com





The Chubb logo, consisting of the word "CHUBB" in a bold, pink, sans-serif font, with a registered trademark symbol (®) to the upper right of the final "B".

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

As a premier property and casualty insurer, Chubb is dedicated to empowering businesses, families, and individuals to embrace challenges with confidence. We are honored to sponsor this remarkable event, which unites a vibrant and diverse community of runners from around the world and right here in Bermuda.

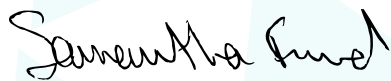
The Bermuda Triangle Challenge has a rich legacy, tracing its roots back to the inaugural Bermuda International Marathon in 1975. From just seven competitors in its first year, the event has grown tremendously adding new race formats over the decades and evolving into the dynamic, multi-race weekend we celebrate today. The introduction of the Bermuda Triangle Challenge series in 2008, and the addition of new events like the half marathon relay and 5k Run/Walk, have made this weekend accessible and exciting for athletes of every skill level.

We are thrilled to see such enthusiastic participation, reflecting both the global appeal of the event and the enduring strength of running in Bermuda.

As you take on the Challenge—whether you are racing the mile, 10k, half marathon, marathon, or participating in the relay or 5k—we hope you enjoy the camaraderie, the spirit of competition, and the breathtaking beauty of our island home. We also celebrate the Bermuda National Athletics Association for their dedication to supporting local youth athletes and fostering a love of sport in our community.

Thank you for being part of this incredible event. We wish you all the best in your races and hope you create lasting memories during your time in Bermuda.

Sincerely,

A handwritten signature in black ink that reads "Samantha Froud". The signature is fluid and cursive, with the first name "Samantha" being more prominent than the last name "Froud".

**SAMANTHA FROUD**  
Chief Administration Officer  
Bermuda Operations





# Stay The Course.

Proud sponsor of the  
2026 Bermuda Triangle Challenge.

Best of luck to all participants!

[chubb.com](https://chubb.com)

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# BERMUDA

# Welcome

For over 25 years, the Butterfield Mile has been a highlight of Bermuda's running calendar, uniting elite athletes, local competitors (young and old), and the incredible Front Street crowd. We're proud to return as sponsor of this iconic race and to celebrate the spirit that makes the Chubb Bermuda Triangle Challenge so special.

Whether you're chasing a personal best or simply soaking up the atmosphere, we know the cheers of the Bermudian crowd will help carry you to the finish line. If you spot our mascot Vern in the Mascot Race, give them a big wave as they fly to the finish!

From all of us at Butterfield, thank you to the organisers, volunteers, and fans who make this event possible.

Share your race-day moments on Instagram using #ButterfieldMile and follow @butterfieldbermuda for all the highlights.

Good luck!

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





Supporting the Community

# Here for the Long Run

(and middle distance too).

Proud sponsor of the  
2026 Butterfield Mile.

THE BANKER



BANK OF THE YEAR  
2025

BERMUDA

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



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On behalf of all of us at Allshores, I am delighted to welcome every participant to the 2026 Chubb Bermuda Triangle Challenge. As a leading health insurer and wellness partner in Bermuda, we are proud to sponsor the 5K and 10K Run & Walk — two races that bring our community together in a spirit of energy, resilience, and shared achievement.

With three memorable and challenging events and incredible support from our local running community, the Bermuda Triangle Challenge continues to be a highlight of Bermuda's athletic calendar. To our visitors, we hope that beyond the racecourse, you also enjoy the natural beauty of our island and the warm encouragement of our running fans.

Thank you for being part of this year's Bermuda Triangle Challenge. We wish you a rewarding, successful, and inspiring race experience.

Sincerely,

A white, handwritten-style signature on a dark background.

**Abigail Clifford**

Group President and Chief Executive Officer,  
Allshores (formerly Argus and BF&M)





# TOGETHER, WE MOVE FORWARD

Allshores supports your journey

We're committed to protecting you and championing a healthier, more connected community. That's why we're proud to sponsor the 2026 Chubb Bermuda Triangle Challenge 5K and 10K Run & Walk — so you can keep moving, keep striving, and keep loving life.

[ALLSHORES.COM](https://allshores.com)

 **ALLSHORES**





PwC Bermuda is pleased to welcome you to the 2026 Chubb Bermuda Triangle Challenge (BTC). As the leading professional services firm on the island, PwC is proud to serve as the title sponsor of the PwC Bermuda Marathon, Half Marathon, and Half Marathon Relay. We are honoured to support an international running festival that has become a celebrated highlight of Bermuda's sporting calendar.

The events bring together runners of all ages, abilities, and fitness levels - offering each participant the opportunity to push their limits, embrace the challenge, and enjoy the beauty of our island from a truly unique perspective. The weekend's events are more than races; they are a showcase of community spirit, resilience, and the shared joy of movement.

PwC is proud to champion the continued growth and impact of the Bermuda Triangle Challenge. Each year, this event brings our community together, inspires healthier lifestyles, and welcomes athletes, families, and supporters from around the world to experience the warmth and hospitality Bermuda is known for.

See you at the starting line!

**ANTHONY FELLOWES**  
Director, PwC Bermuda



# You got this!



Proud sponsor of the PwC Bermuda  
Marathon, Half Marathon and Relay



Runners, family, friends, and fans,

On behalf of Global Atlantic Re, welcome to the 2026 Chubb Bermuda Triangle Challenge! This is the island's signature race—and for good reason. The course is breathtaking, the competition is strong, and the environment is electric. Once you cross the finish line, you'll already be looking forward to next year.

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

Bermuda-based Global Atlantic Re, a leading reinsurance provider, is proud to be an active member of the island community and a sponsor of this year's Challenge. To all visitors, we hope you make the most out of your time on the island and enjoy everything Bermuda and its unique culture has to offer. We thank you for your participation and wish you tremendous success in your race(s)!

Sincerely,

**DARRYL HERRICK**

Head of Reinsurance; President of Global Atlantic Re



# Embrace the challenge

Global Atlantic Financial Group and Global Atlantic Re are proud to celebrate Bermuda's rich culture and thriving community as a sponsor of the **2026 Chubb Bermuda Triangle Challenge**.

Good luck to all the runners!



Global Atlantic is a leading insurance company meeting the retirement and insurance needs of individuals and institutions.

[globalatlantic.com](https://globalatlantic.com)

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# Sustainability and conservation are at our core.



We collectively help keep  
Bermuda an island paradise.



Aspen is proud to support Waterstart, Bermuda  
Zoological Society, and the Bermuda National Trust.



# FROM PACKAGES TO FINISH LINES, MOMENTUM MATTERS.

**Speed isn't just what we do at ZipX. It's who we are.**

We're proud to support this year's Chubb Bermuda Triangle Challenge as the Official Courier Service.

Here's to the runners, the walkers, and every brave participant out on the course!



(441) 295 2467 | [info@zipx.bm](mailto:info@zipx.bm) | [zipx.bm](http://zipx.bm)





On behalf of Keep Bermuda Beautiful (KBB), we are delighted to welcome you—whether you call Bermuda home, are a returning visitor, or you're visiting our island for the very first time. Prepare to experience one of the world's most scenic and memorable race courses, surrounded by turquoise waters, pink sand beaches, and a community that knows how to cheer loud and proud. As you take on this incredible challenge, we invite you to join us in protecting the natural beauty that makes Bermuda so special. KBB has spent more than 60 years leading efforts to reduce waste, prevent litter, and inspire environmental responsibility across our island. Every mindful choice to dispose of litter correctly makes a real difference.

We encourage you to live out the 5 R's during your time here—and beyond:

RETHINK your daily habits  
REFUSE single-use plastics  
REDUCE the waste you create  
REUSE whenever possible  
RECYCLE tin, aluminium, and glass

Our work is powered by the dedication of our volunteers, donors, schools, and corporate partners, and we are truly grateful for their unwavering support. Events like this demonstrate how sport, community, and environmental stewardship can come together to create positive change. As you run through our island we hope you feel the pride we have in Bermuda—and the shared responsibility we all carry to keep it beautiful.

From all of us at KBB, we wish you strength, sunshine, and success on race day.  
Ready... steady... GO!

May your 2026 Chubb Bermuda Triangle Challenge journey be unforgettable.

**ANGEL SMITH**  
KBB Executive Director



# SUSTAINABILITY INITIATIVE

*The Chubb Bermuda Triangle Challenge is proud to announce that its 2026 series of events achieved a Gold Certification from the Council for Responsible Sport (CRS)!*

*You can read all about it in [this article](#) from the Royal Gazette!*

The Council's rigorous standards have been applied to some of the world's most notable sports events, including the London Marathon, the Bank of America Chicago Marathon, the NCAA Women's Final Four Basketball Championships, and the World Athletics Championships. The result?

Not just better standards for sports, but improved environmental and living conditions where these events take place.

We invite you to visit the [Sustainability Page](#) of our website. This page has been completely reorganized to better highlight and help you navigate through the five sections the CRS tracks and documents performance in:

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

Also on this page is our [2025 Sustainability Report](#), which will show you the progress we made in key areas between 2024 and 2025.

We also want to take a moment to recognize that our event could not have achieved this certification — the first of its kind in Bermuda — without the support of many sponsors and community partners, including Aspen Bermuda Limited, the race's Official Sustainability Partner, Arch Capital Group Ltd, the Supporting Sustainability Partner for 2026; as well as

Butterfield & Vallis, Bermuda Craft Brewing, Keep Bermuda Beautiful, the Corporation of Hamilton, the Bermuda Zoological Society, and Recycle Bermuda.

And we need to provide a VERY special THANK YOU to the Butterfield Bermuda Championship for their generosity in allowing us to use their cerobins for the second year in a row. They truly exemplify what it means for organisations to come together in support of conservation. We appreciate you!

Clicking the "+" symbol in the blue dropdown boxes will give you specific information re: how the Chubb Bermuda Triangle Challenge has met or exceeded those criteria. Some may remain the same year-to-year, while others may grow as we build new and exciting partnerships with the community, schools, and others in the hospitality and tourism industry.

**IF YOU SEE WORDS IN PINK, THESE ARE THINGS YOU CAN DO BEFORE YOU ARRIVE TO HELP US GET A HEAD START.**

## ACTIONS LIKE:

- **Bring a reusable water bottle to carry with you during the weekend; this reduces having to purchase single use plastic bottles.**
- **Have a pair of running shoes (or two) that can still be worn but are maybe not the best for training? BRING THEM! We will be collecting shoes to donate to Caribbean islands impacted by hurricanes this year.**
- **Pay attention to where your race waste goes! We will have 3 separate bins for general waste (wrappers), recyclables (tin, aluminum, and glass ONLY – no plastic), and compost (food waste). Help us divert waste by making sure you put it in the right bin!**

# SUSTAINABILITY INITIATIVE

- If you are able, offset some or all of the greenhouse gas emissions associated with your travel. If you are unsure of which programs are verified and not “greenwashed” email us as [bermudatrianglechallenge@gmail.com](mailto:bermudatrianglechallenge@gmail.com)
- Remember that water is a limited resource here!

Note: The cups used at the water stops & finish festivals are backyard compostable.

This only pertains to the plain cups, not cups with wax lining or any printing on the outside.

To help us show this can be effective for other sporting events on the island, please dispose of them in the compost bins (with green liners... also compostable) rather than the general waste bins.

**IF YOU SEE WORDS IN GREEN, THESE ARE THINGS YOU CAN DO ONCE YOU ARRIVE BACK TO HELP US KEEP THE MOMENTUM GOING.**

## ACTIONS LIKE:

- Complete the post-event survey that is sent via email to all participants to gather feedback on how this year’s event could be improved. This feedback goes to our sponsors and the Executive Committee — we listen to what you say!
- Take a moment to answer some of the more thoughtful questions that we are including at the end, which help us better meet CRS criteria, such as:
- If you did not eat at any of the restaurants recommended in the “[where to eat](#)” section of our website that feature local produce and seafood, was there a specific reason why? What could be done to remove this barrier in the future?

- If you participate in this race in the future, would you like to have the opportunity to engage more with the community in something that is related to Bermuda’s culture, heritage, traditions, or food history?

## AND LASTLY

In the past, your race “swag bag” would’ve contained paper coupons to local restaurants, merchants, and attractions. Based on feedback from YOU and our SPONSORS, we decided to find an alternative way that could keep these special deals while cutting down on the paper. Our solution:

## THE VIRTUAL RACE BAG

This can be accessed:

- by a QR code in the Official Event Programme (what you are reading right now)
- the last e-newsletter that comes to you from the Bermuda Triangle Challenge (I will put “QR Code”) in the subject to make it clear (this will likely be the week of the races)
- the many friendly, helpful volunteers at the Expo/Number Pickup. The QR codes will also be printed and posted at various locations around the Expo, such as the Number Pickup Desks
- the front desk or event poster/schedule of events at your host hotel. If you are not sure where this is, please ask the front desk coordinator or the concierge, as they will all be given one.

Bermuda is known for its hospitality and this is another way the Chubb Bermuda Triangle Challenge family wants to welcome you to the island, provide you with some extra goodies for being our guests, and do so in a sustainable manner to keep our island beautiful for

# SUSTAINABILITY INITIATIVE

We know you are here to have fun (and so we are we!) but we all have to do our part to protect and conserve our fragile island environment.

Many of the larger races, such as the London Marathon, are making great efforts to incorporate sustainability wherever they are able. The Chubb Bermuda Triangle Challenge would like to do the same for Bermuda. While it is difficult to tick every one of the CRS' criteria boxes simply because of our island location, we are dedicated to proving that geography shouldn't be — and isn't — a limiting factor in reducing our environmental footprint and improving the impact of our event on the community around us.

If you run a sporting event in Bermuda and are interested in what the CRS process has been like, please find one of our Executive Committee members (AFTER RACE DAY!) or email us at [bermudatrianglechallenge@gmail.com](mailto:bermudatrianglechallenge@gmail.com)

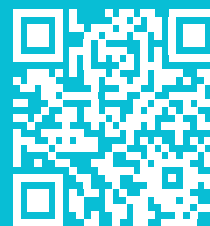


# SCHEDULE

## JANUARY 16TH - 18TH, 2026

### SCAN HERE!

to visit the Bermuda Triangle Challenge website for more info.



DATE	TIME	EVENT	LOCATION
<b>FRIDAY</b> January 16th	10:00am - 6:00pm	Packet Pick-Up, Late Registration & Race Expo. Paula Radcliffe will be at the Expo from 1:30pm to 2:30pm.	Hamilton Princess, 76 Pitts Bay Rd.
	6:30pm	Performance by The Royal Bermuda Regiment Band	Front Street, Hamilton
	6:45pm	Butterfield Mascot Race	Front Street, Hamilton
	7:00pm	Butterfield Mile (1st race in The Chubb Bermuda Triangle Challenge Series)	Front Street, Hamilton
<b>SATURDAY</b> January 17th	9:00am	Allshores 10k Run (2nd race in The Chubb Bermuda Triangle Challenge Series)	National Sports Centre, Prospect, Devonshire (North Field)
	9:05am	Allshores 5k Run	National Sports Centre, Prospect, Devonshire (North Field)
	9:10am	Allshores 10k & 5k Walk	National Sports Centre, Prospect, Devonshire (North Field)
	9:00am - 12:00pm	Finish Festival	National Sports Centre, Prospect, Devonshire (North Field)
	10:15am	Awards Presentation	National Sports Centre, Prospect, Devonshire (North Field)
	3:00pm - 5:00pm	Full/Half Marathon and Half Marathon Relay Packet Pick-Up & Late Registration	Hamilton Princess, 76 Pitts Bay Rd.
	6:00pm - 8:00pm	Pre-Race Pasta Dinner Hosted and Presented by Global Atlantic Re	Hamilton Princess, 76 Pitts Bay Rd.
<b>SUNDAY</b> January 18th	7:00am	PwC Bermuda Marathon (3rd race in The Chubb Bermuda Triangle Challenge Series - Full Challenge)	Start Location: Royal Naval Dockyard   Finish Location: Barr's Bay Park, Hamilton
	9:00am	PwC Bermuda Half Marathon (3rd race in The Chubb Bermuda Triangle Challenge Series - Half Challenge) and PwC Bermuda Half Marathon Relay	Start Location: Outside the Hamilton Princess Hotel, Pitts Bay Road, Hamilton   Finish Location: Barr's Bay Park, Hamilton
	9:00am - 3:00pm	Finish Festival	Barr's Bay Park, Hamilton
	11:30am	PwC Bermuda Marathon, PwC Bermuda Half Marathon, and PwC Half Marathon Relay Awards Presentation and Chubb Full Challenge and Chubb Half Challenge Awards Presentation	Barr's Bay Park, Hamilton

CHUBB

BERMUDA

BUTTERFIELD

ALLSHORES

pwc

Global Atlantic

Aspen



# INTERVIEW WITH PAULA RADCLIFFE, MBE

Paula Radcliffe, MBE is our guest speaker for the 2026 Chubb Bermuda Triangle Challenge Pre-Race Pasta Dinner, hosted and presented by Global Atlantic Re on Saturday, January 17th | 6-8pm at the Hamilton Princess & Beach Club.



Paula Radcliffe, MBE is a British long-distance running legend and one of the most accomplished marathoners in history. A three-time London Marathon winner and former world cross-country champion, she set multiple world records, including her groundbreaking 2003 marathon time of 2:15:25 that stood for 16 years. Known for her fierce competitiveness and resilience, she also represented Great Britain at four Olympic Games. Since retiring, Radcliffe has become a strong advocate for athlete welfare, clean sport, and youth development, continuing to inspire runners worldwide.

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

*The most challenging race for me was the Athens Olympic Games in 2004 because I was the favourite and then was badly hurt just 3-4 weeks before. Any other race and I wouldn't have tried but for the Olympics I risked it. The injury held up but my digestive and endocrine system was destroyed and I was unable to finish at all, hitting the infamous wall for the only time in my career.*

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

*I get through the tough times by counting. It's a technique I use to stay in the moment—stop my mind worrying and just think about one foot in front of the other and one number after the next one.*

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

- Pick a race that excites and motivates you to give your best.
- Prepare well, regular quality is more important than pushing too hard.
- Listen to your body—when tired there is more to lose from pushing through and a lot to gain from taking an extra rest day

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

*Life lessons taught: If you put the work and dedication in then you see rewards. Life isn't always fair but you are happier and stronger if you follow the rules. You are only as strong as the team around you. When the opportunity is there, seize it and go for it. Set regular goals and go after your dreams. Respect your body and look after it by fuelling and resting it well.*

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

*I do believe the 2-hour barrier will eventually go, but it could take a while and it won't be by much.*

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

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

## 7. WHAT MAKES YOU HAPPY?

*What makes me happy—spending time with family and friends, going for a run in the forest/ mountains/on the beach or at sunrise/sunset. That feeling after a good run. Sharing moments and experiences with those close to me. Being a part of the running community in a big event.*

# EXPO HALL VENDOR BOOTHS & RACE-RELATED INFORMATION

## RACE-RELATED BOOTHS

- Chubb Bermuda Triangle Challenge Welcome Desk and Information
- Chubb Bermuda Triangle Challenge Shuttle Transportation
- Bermuda Timing – Late Registration and Number Pick up all races
- Race Maps and Information
- Chubb Bermuda Triangle Challenge Official Merchandise
- Chubb Bermuda Triangle Challenge Volunteer Desk
- Physiotherapy
- Chubb Bermuda Triangle Challenge Signage Wall
- Chubb Bermuda Triangle Challenge Photo Wall

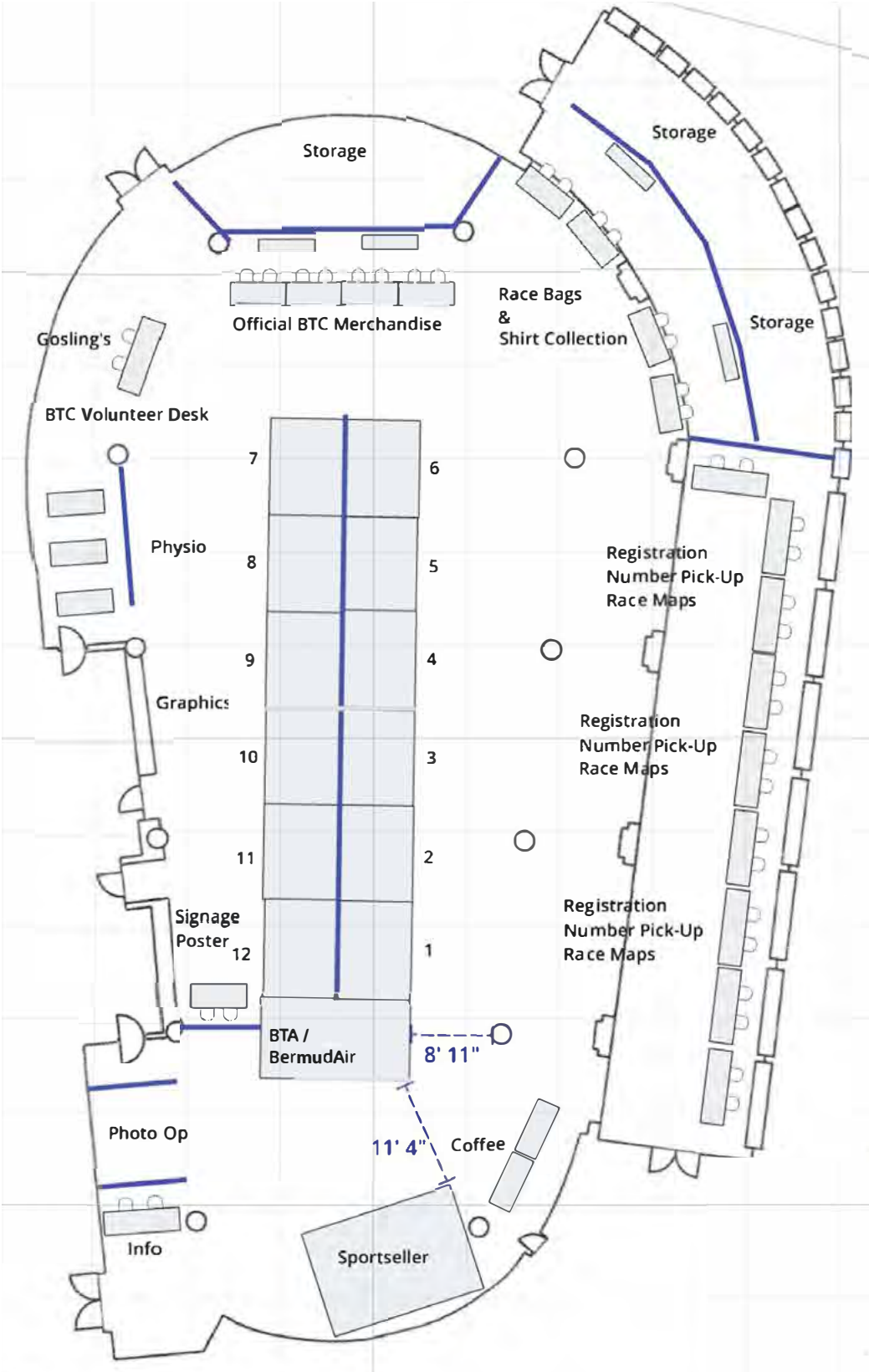
## FEATURED BOOTHS

- Sportseller
- Bermuda Tourism Authority
- Fly BermudAir
- Goslings

## EXHIBIT/VENDOR BOOTHS

- Bermuda Underwater Exploration Institute (BUEI)
- MAAC
- Swans Running Club
- Bermuda Bookstore
- Bermuda Rum Cakes
- Little Venice Group (MEF) Restaurants
- Marathon Tours
- Dreamscape Designs
- Waterfront Wellness
- Ems Gems
- Tony Bean Photography

# EXPO HALL MAP





# VIRTUAL RACE BAG VENDOR LIST & OFFERS

VENDOR	OFFER/DISCOUNT	VALID DATES	REDEMPTION DETAILS
Bermuda Bistro at the Beach	20% off	Jan 16–31	Show race bib
BUEI	Guest member for the day: \$15 + one-hour guided tour for up to 20 people + 10% off Oceans Gift Shop	Jan 16–31	Show race bib or redeem in person
Flying Colours	10% off in-store	Jan 16–Feb 15	Show race bib
The Island Shop	15% off	Jan 16–31	Show race bib
The Botanist	10% off	Jan 16–31	Show race bib
Gosling's	10% off	Jan 16–31	Show race bib
Spine & Sport	\$20 off 1 visit	Jan 16–31	Show race bib
Social Cycles	10% off service, repairs & clothing	Jan 16–31	Show race bib
BermudAir	15% off all routes for 2026 flights	Jan 1–Dec 31	Use code provided in virtual race bag
Swizzle Inn	10% off food, drink & gift shop	Jan 16–31	Show race bib
Gayle Lindsay — Running Coach	40% off any Triangle Challenge training plan with code BTC2026	Jan 16–31	Use code BTC2026

Use code **BTC2026** for **40% off any [Triangle Challenge training plan](#)** (valid until Jan 31). Choose from beginner/intermediate and intermediate/advanced, and 10 weeks or 12 weeks.

Gayle Lindsay is a certified running coach and running enthusiast with experience spanning the full spectrum of the sport—from the speed-based 800m to the endurance marathon. Gayle is passionate about helping others discover their potential, whether they're chasing a personal best, building confidence, or taking their very first steps into the sport.



**GAYLE LINDSAY**

SCAN BELOW TO ACCESS YOUR

# VIRTUAL RACE BAG







# PROUD SPONSOR OF THE BERMUDA TRIANGLE CHALLENGE

"The City of Hamilton is thrilled to sponsor the Bermuda Triangle Challenge, showcasing our City's unique charm and celebrating the vibrant spirit of this extraordinary race."

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



*Be sure to stop by and snap a photo at  
our marquee sign on Front Street — a  
perfect way to remember your time in  
the City of Hamilton!*

**Connect with your City**

[www.cityofhamilton.bm](http://www.cityofhamilton.bm)







# HAMILTON PRINCESS

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Every day we are dedicated to turning hospitality into  
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**PROUD SPONSOR OF THE 2026 CHUBB  
BERMUDA TRIANGLE CHALLENGE**

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#WeAreHamiltonPrincess | #PrincessBermuda | #HappeningsAtThePrincess

## THE CHUBB BERMUDA TRIANGLE CHALLENGE

Participants in this daring event will try to survive while running '3 races in 3 days': a Mile, a 10k, and either a Full Marathon or Half Marathon. Participants will complete the Butterfield Mile on Friday, January 16th starting in un-seeded waves. The participants will then join the field for the Allshores 10k Run & Walk on Saturday, January 17th, and either the PwC Bermuda Marathon or PwC Bermuda Half Marathon on Sunday, January 18th. The female and male runners with the lowest accumulated time will be declared the winner. Those participants running the Chubb Bermuda Triangle Challenge [Mile, 10k, and Marathon] will be scored separately from those running the Chubb Bermuda Triangle Half Challenge [Mile, 10k, and Half Marathon].

### YOUR RACE NUMBER

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

### TIMING

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

### THE FINISH AREA

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

If you participated in the Chubb Bermuda Triangle Challenge event on Sunday, January 18th, you will also receive your Chubb Bermuda Triangle Challenge medal in addition to your PwC Bermuda Marathon or PwC Bermuda Half Marathon medal. Medical support, restrooms, and refreshments will also be available after leaving the finish chute.

### FLUIDS AND POST RACE REFRESHMENTS

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

### FINISH FESTIVAL

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

### MEDICAL ATTENTION

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

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



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

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

## RESULTS

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

Results will also be posted at: [bermudatiming.com](http://bermudatiming.com) and in The Royal Gazette newspaper.

## AWARDS

### BUTTERFIELD MILE

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

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

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

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

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

### ALLSHORES 10K RUN/WALK

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

**First place: \$500**  
**Second place: \$250**  
**Third place: \$100**

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

### PwC BERMUDA HALF MARATHON

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

**First place: \$500**  
**Second place: \$250**  
**Third place: \$100**

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

### PWC BERMUDA MARATHON

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

**First place: \$500**  
**Second place: \$250**  
**Third place: \$100**

There will be no cash awards for age group winners. Age group awards will be made available for both male and female runners in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. These age group awards will be available for collection in the lobby of the Hamilton Princess Hotel from 12noon to 6pm on Sunday, January 18th, and from 9am to 6pm on Monday, January 19th.



**PwC BERMUDA MARATHON**

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

**First place: \$500**

**Second place: \$250**

**Third place: \$100**

There will be no cash awards for age group winners. Age group awards will be made available for both male and female runners in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. These age group awards will be available for collection in the lobby of the Hamilton Princess Hotel from 12noon to 6pm on Sunday, January 18th, and from 9am to 6pm on Monday, January 19th.

**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 2026 Chubb Bermuda Triangle Half Challenge and the 2026 Chubb Bermuda Triangle Full Challenge categories for male and female overall (no age group), with cash prizes as follows:

**First place: \$500**

**Second place: \$250**

**Third place: \$100**

There will be no cash prizes for age group winners. Age group awards will be made available for both males and females in the Half and Full Challenges in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. These age group awards will be available for collection in the lobby of the Hamilton Princess Hotel from 12noon to 6pm on Sunday, January 18th, and from 9am to 6pm on Monday, January 19th.

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

**FINISHERS CERTIFICATES**

Once the results are deemed official, you can obtain an official Finisher Certificate for each event that you completed by choosing the “certificate” option from the upper left when you view your results page. Once you click on this, you will have the option to share your Finisher Certificate on social media (“X” or Facebook), send it via text message or email, or print it. Your results page also contains all your photographs from the 2026 Chubb Bermuda Triangle Challenge, which you can view and download. As previously mentioned, the results page can be found on the Chubb Bermuda Triangle Challenge website:

[bermudatrianglechallenge.com/results](https://bermudatrianglechallenge.com/results)

**APPEALS**

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

- **Butterfield Mile - 10:00pm**
- **Allshores 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)



# 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 2026 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!**



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

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



## BUTTERFIELD MILE INSTRUCTIONS

### PLEASE READ CAREFULLY

#### START

Prior to the races, the Royal Bermuda Regiment Band will perform on Front Street at 6:30pm, followed by the Butterfield Mascot Race at 6:45pm.

The Butterfield Mile will start at 7:00pm on Friday, January 16th, immediately after the Butterfield Mascot Race. The first race will be the Challenge and Open Miles for participants in those divisions. These races start together in waves and will be completed before the start of the Butterfield Invitational Miles which are started and finished by the following categories for both males and females: Elite Adult, 10 years and under (7 years to 10 years – minimum age of 7 years), 13 years and under (11 years, 12 years, and 13 years), and 17 years and under (14 years, 15 years, 16 years, and 17 years).

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

The start will be under the control of the starter and his assistant whose announcements prior to the start will be made by a powered megaphone.

***Due to the time constraints involved in a multi-race format event, all competitors should RUN the mile. Walking is not encouraged except in the case of an injury mid race.***

#### BUTTERFIELD MILE ROUTES

In order to eliminate the figure 8 cross-over for the runners participating in the Chubb Bermuda

Triangle Challenge or the Butterfield Mile Open Division, the (wave) starting line will be west of Burnaby Street with the route extending past the Birdcage and the first turn being near Point Pleasant Road. This starting line will be clearly marked. Wave participants will assemble in the No. 1 Car Park. Wave starts will be every 4-5 minutes so please keep to the LEFT of the route to avoid oncoming runners. The number pick up for the Chubb Bermuda Triangle Challenge and the Butterfield Mile Open Division mile runners will be at the Packet Pick-Up, Late Registration & Race Expo at the Hamilton Princess Hotel on Friday, January 16th, from 10:00am to 6:00pm.

The elite and invitational (school and adult) mile runners will start east of Burnaby Street and will run the mile course as originally designed, in a figure 8 fashion with the first turn being around the Birdcage. This starting line will be clearly marked. The number pick up for the elite and invitational (school and adult) mile runners will be at Pier 6 Lower Passenger Terminal on Front Street, Hamilton, on Friday, January 16th, from 6:00pm onwards.

#### BIB NUMBERS

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

#### RUNNER BAGS

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



Bag drop off, which is clearly marked on both of the Butterfield Mile maps, will be located at the Old Hodge Podge building, 3 Point Pleasant, Hamilton (near the Hamilton Ferry Terminal).

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

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

### FINISH

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

### MEDALS

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

### MARKERS

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

### HYDRATION STATION

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

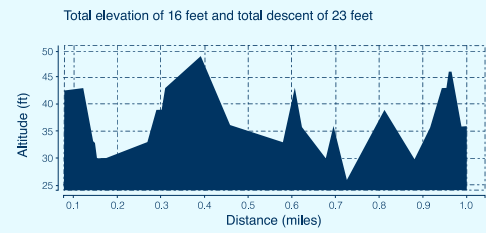
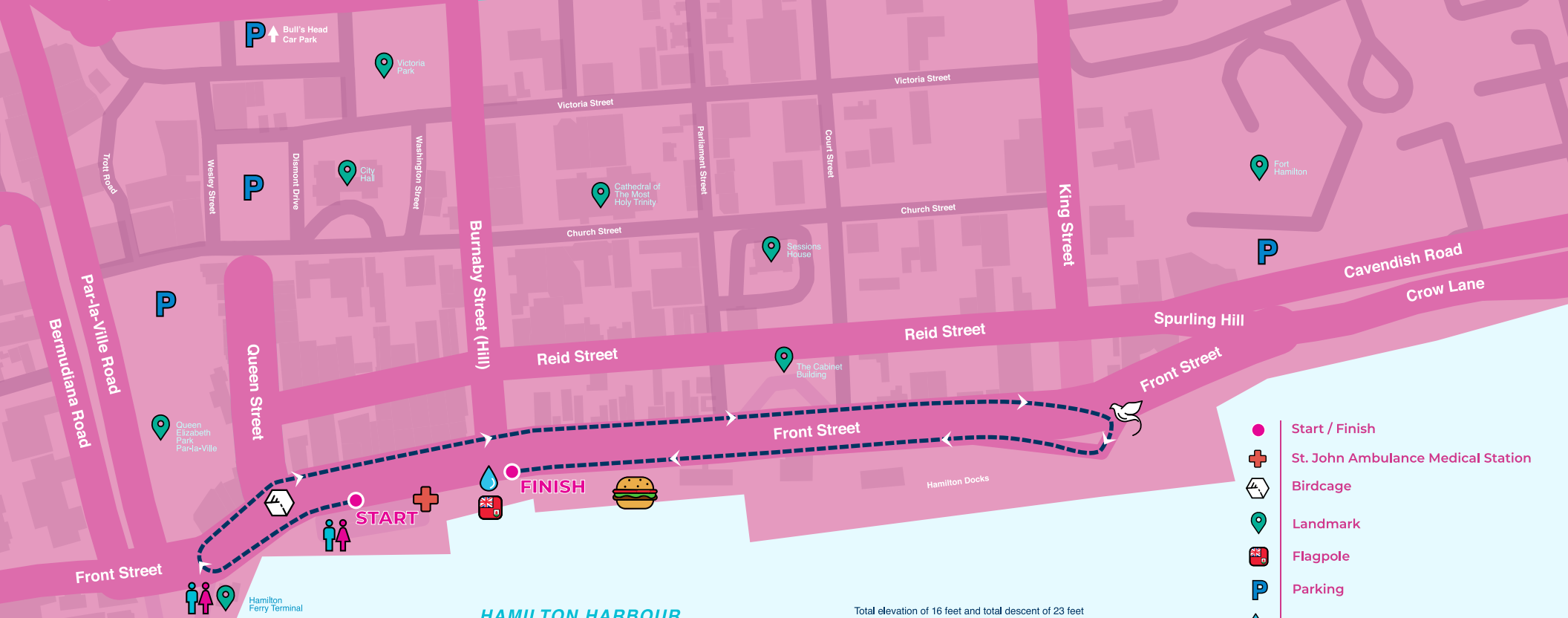
### TOILETS

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

### BUTTERFIELD MILE AWARDS

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

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

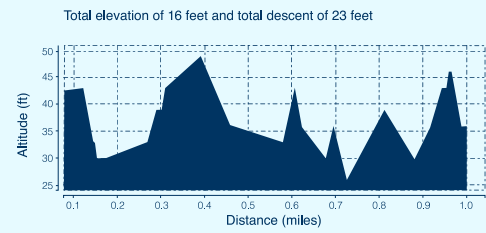
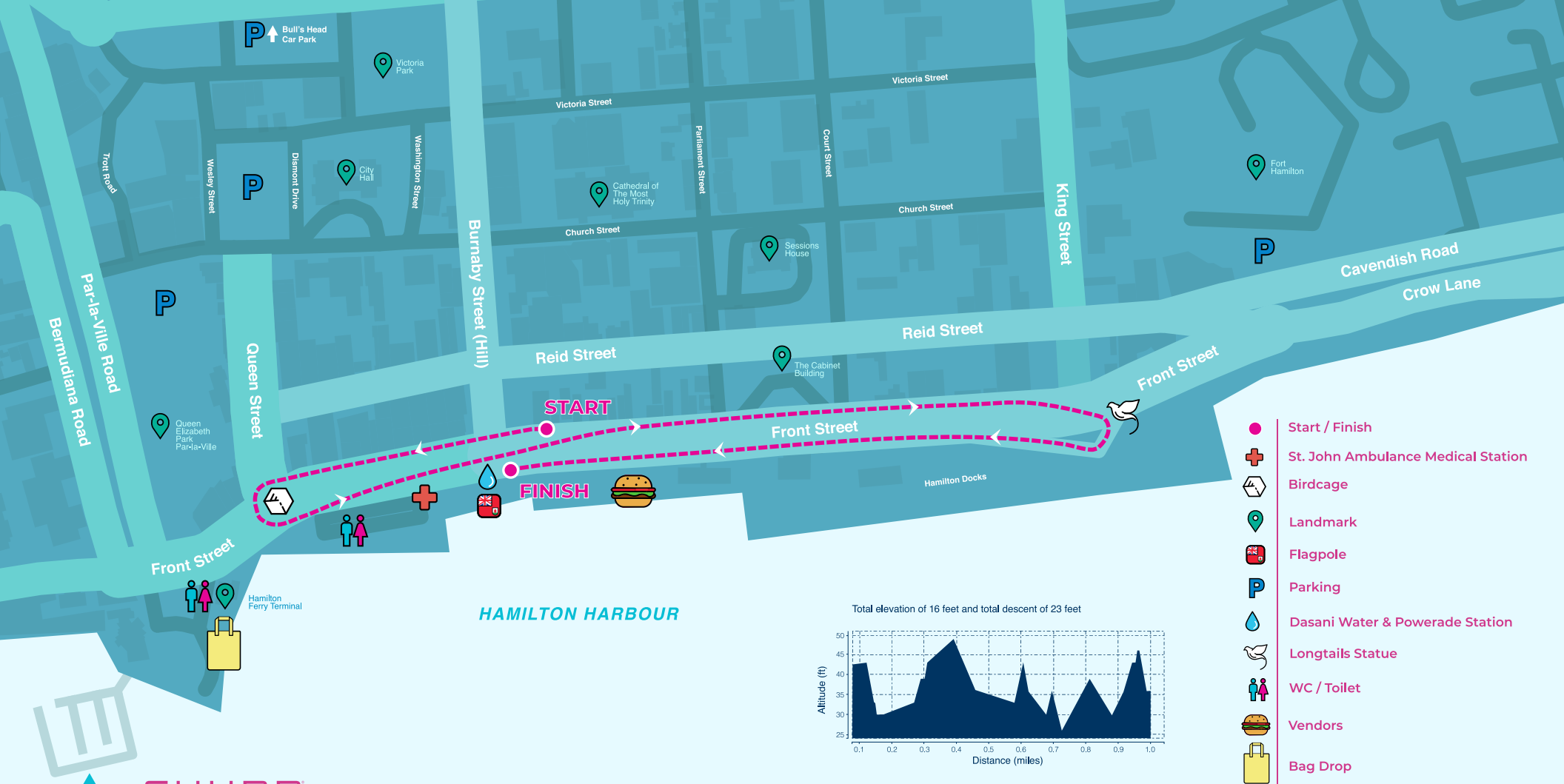


- Start / Finish
- St. John Ambulance Medical Station
- Birdcage
- Landmark
- Flagpole
- Parking
- Dasani Water & Powerade Station
- Longtails Statue
- WC / Toilet
- Vendors
- Bag Drop



# CHALLENGE MILE & BUTTERFIELD MILE - OPEN DIVISION

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



## BUTTERFIELD MILE - ELITE, YOUTH & LOCAL QUALIFIERS

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





# DON'T MISS THE MASCOT RACE

AT THE BUTTERFIELD MILE

**FRIDAY JANUARY 16, 2026 AT 6:45PM**

(RIGHT AFTER THE ROYAL BERMUDA REGIMENT BAND PERFORMANCE)

Get ready to join Butterfield's beloved mascot Vern, for an exciting dash down Front Street! Starting at the Bermuda Bistro at the Beach and finishing at the Flag Pole (approximately 200 metres), this is your chance to show off your speed and costume creativity. Plus, the winning mascot will receive **\$1,000 to donate to the charity, school, or cause of their choice—courtesy of Butterfield.**

#### Race Details:

- All participants must be in costume.
- Prizes awarded to the top 3 finishers!
- Winning mascot earns \$1,000 for their chosen cause (courtesy of Butterfield)
- **Participating mascots:** Vern the Butterfield Dragon, Sammy the Saltus Knight, the Warwick Academy Bear, the BHS Torch, Ben Twend the Convex Bear, Felix the Road Safety Turtle, the Somerset Primary Buzz Bee, the MSA Rambo, the Whitney Bull, the Berkeley Institute Panther

#### Ready to Race?

- Confirm your participation by emailing [heather.trianglechallenge@outlook.com](mailto:heather.trianglechallenge@outlook.com)
- Don't miss out on the fun! Sign up today!





Chancery Lane

Burnaby Street (Hill)



Butterfield

Front Street

Front Street

Front Street

  
**FINISH**



No.5 Car Park



**SPOT**  
RESTAURANT & BAR

Pier 6



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EST.  
2020



*HAMILTON HARBOUR*



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

**BUTTERFIELD MILE - VENDORS**

# BUTTERFIELD MILE

## MALE ELITE ATHLETES

BIB NUMBER	FIRST NAME	LAST NAME	COUNTRY
1	Ben	Claridge	Great Britain
2	Danny	Cosgrove	USA
3	Andrew	Wacker	USA
4	Elias	Graca	USA / Cape Verde (dual citizenship)
5	Ryan	Outerbridge	Bermuda
6	Sam	Knee-Robinson	Great Britain
7	Marcel	Aubry	Canada
8	Andrew (AJ)	Ernst	USA
9	JP	Flavin	USA
10	Adam	Prunty	Great Britain
11	Kallan	Richardson	Bermuda
12	Mark	Swistak	USA
13	Sean	Trott	Bermuda
14	Daniel	Vassallo	USA
15	Aaron	Willingham	Vietnam



# BUTTERFIELD MILE

## FEMALE ELITE ATHLETES

BIB NUMBER	FIRST NAME	LAST NAME	COUNTRY
27	Anna	Vess	USA
28	Ellie	Stevens	Great Britain
29	Gina	McNamara	Malta / USA (dual citizenship)
30	Karley	Rempel	Canada
31	Molly	Applegate	USA
32	Gayle	Lindsay	Great Britain (Scotland)
33	Kelly	Babcock	USA
34	Ashley	Sanderson-Snyder	Great Britain
35	Brett	Ely	USA
36	Kara	Haas	USA
37	Meghan	Diel	Bermuda
38	Hilary	Dionne	USA
39	Kristin	Gendron	USA
40	Courtney	Hawkins	USA
41	Rose-Anna	Hoey	Ireland
42	Katrina	Lindsay	Great Britain (Scotland)
43	Kaitlin	O'Sullivan	USA
44	Hannah	Risko	USA
45	Maria Teresa	Ruiz Pavon	Spanish



BTC runners bring unbelievable energy to Bermuda every year. We're proud to support every sprint, stride, and surge to the finish.

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EVERYONE WELCOME!

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MID ATLANTIC ATHLETIC CLUB

BECOME A MEMBER  
Join Us Today!

**JUNIORS**

AGES  
7-18

SEPT  
JUNE



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PRIMARY SCHOOL STUDENTS

1X SESSIONS

MIDDLE & HIGH SCHOOL STUDENTS

3X SESSIONS

Structured Training, Technique,  
Endurance, and Performance Boosters.

*"Specialized groups let coaches  
tailor training to all ages  
and skill levels."*

REGISTER TODAY



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[maac@maac.bm](mailto:maac@maac.bm)

## MEMBER BENEFITS

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- STRENGTH & CONDITIONING
- ENGAGING SOCIAL ACTIVITIES
- YOGA CLASSES
- MAAC TRACK **GUIDED TRAINING**
- MEMBER RACE ENTRY DISCOUNTS
- MONTHLY NEWSLETTERS

WEEKLY  
UPDATES |





# THE LOREN

BERMUDA

In partnership with the 2026 Chubb Bermuda Triangle Challenge, reserve your stay at The Loren and enjoy a complimentary welcome amenity, pre-run juice shot, and \$70 breakfast credit per room.

[THELORENHOTELS.COM/BERMUDA](https://thelorenhotels.com/bermuda)



## BERMUDA**AIR**

# Your Island. Your Airline.

After the finish line, set your sights on your next adventure. **BermudAir** connects the island to key North American cities, making it easier to explore new places or visit familiar favourites.

[FlyBermudAir.com](https://FlyBermudAir.com)



## BERMUDA**AIR**

### Holidays

With **BermudAir Holidays**, enjoy bundled travel packages designed for value, comfort, and ease.

[BermudAirHolidays.com](https://BermudAirHolidays.com)



## **ALLSHORES 10K RUN/WALK INSTRUCTIONS**

*PLEASE READ CAREFULLY*

### **START**

The Allshores 10k Run will start at 9:00am and the Allshores 10k Walk will start at 9:10am on Saturday, January 17th.

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

Time announcements will be made starting 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.

### **ALLSHORES 10K ROUTE**

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

### **BIB NUMBERS**

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

sure to complete the medical information form on the back of your race number bib and notify your family/friends of your race number.

### **RUNNER BAGS**

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

### **FINISH**

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

### **MEDALS**

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

### **ALLSHORES 10K RULES OF THE ROAD**

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



Sports Centre and finish area. Sports Centre and finish area.

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

***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 Allshores 10k Run/Walk course at approximately 3 miles (located at the bus stop on Middle Road near the Whitney Institute Middle School) and approximately 4 miles (located at the bus stop on North Shore Road near the junction to Jennings Road). Dasani water and Powerade will be available at each hydration station. Please refer to the course map for the locations.n.

### **TOILETS**

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

### **ALLSHORES 10K RUN/WALK AWARDS**







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

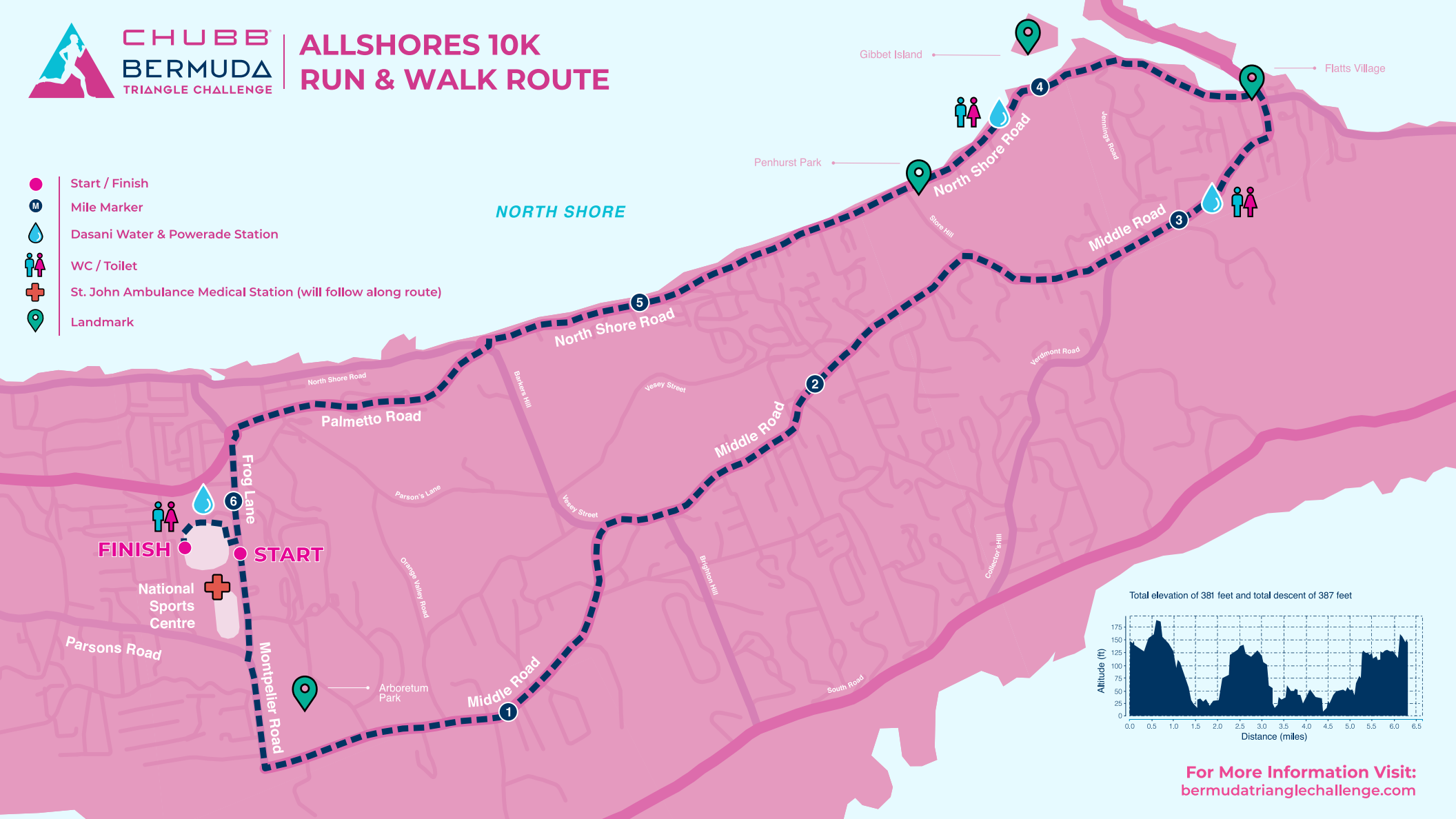
There will be no cash awards for age group winners, or for the 10k walk. Age group awards will be made available for both male and female runners in the following categories:

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

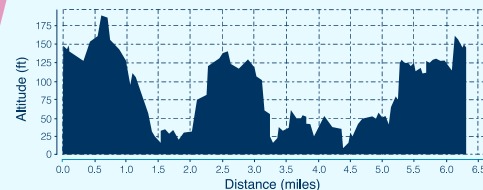


# ALLSHORES 10K RUN & WALK ROUTE

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



Total elevation of 381 feet and total descent of 387 feet



**For More Information Visit:**  
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**Good luck to all the participants of  
the Bermuda Triangle Challenge 2026!**

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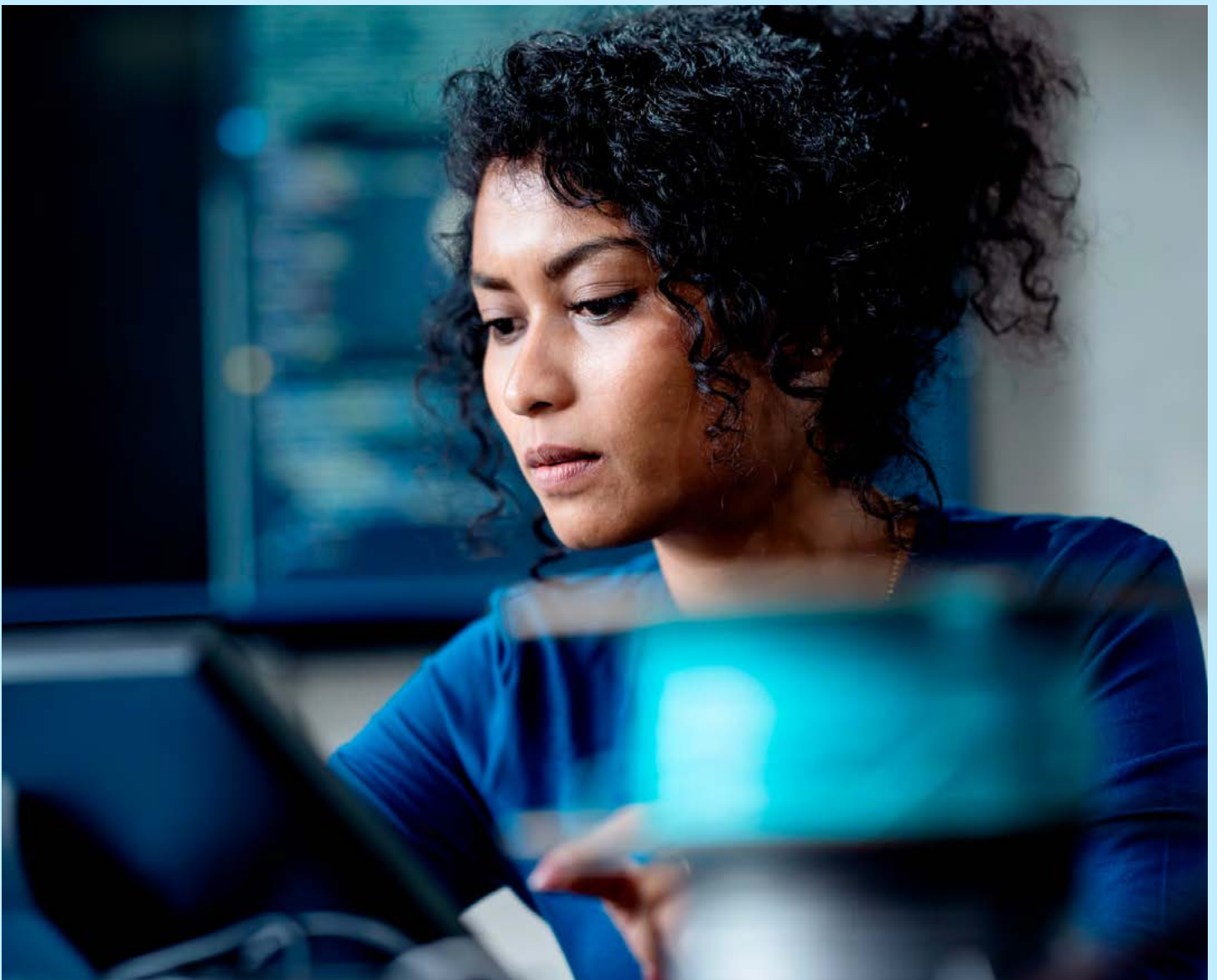
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## ALLSHORES 5K RUN/WALK INSTRUCTIONS

### PLEASE READ CAREFULLY

We're excited to be able to offer a 5k as part of the weekend's running events, as it is another way of making the Chubb Bermuda Triangle Challenge more inclusive for people at all stages of their fitness journey.

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

### START

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

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

Time announcements will be made starting 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.

### ALLSHORES 5K ROUTE

Frog Lane to Montpelier Road to Middle Road until participants reach Parsons Lane. From there, participants will take a left on Parsons Lane and run/walk up Barkers Hill, through the scenic Ocean View Golf Club, until they reach the Bermuda Railway Trail. Here, participants will take a right onto the Bermuda Railway Trail for a brief out and back, giving all participants a bird's eye view of the Atlantic Ocean, before continuing west on the Bermuda Railway Trail to

join the 10k course on Palmetto Road. Follow Palmetto Road and then turn left onto Frog Lane and continue as directed to the finish line inside the North Field of the Bermuda National Sports Centre.

### BIB NUMBERS

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

### RUNNER BAGS

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

### FINISH

The Allshores 5k Run/Walk finish line and Finish Festival is within the running track inside the North Field of the Bermuda National Sports Centre. Restrooms are located near the finish chute. At the Finish Festival, you can reunite with family and friends and enjoy light food and beverages (both alcoholic and non-alcoholic). There will also be merchandise for sale (accepting cash or Visa and Mastercard credit cards) and music from a resident DJ. You will have earned some well-deserved down time to celebrate your achievement!

## MEDALS

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

## ALLSHORES 5K RULES OF THE ROAD

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

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

## MILE MARKERS

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

## HYDRATION STATIONS

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

## TOILETS

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







## ALLSHORES 5K RUN/WALK AWARDS

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

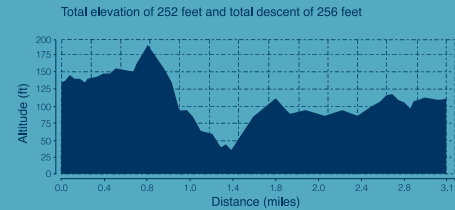
There will be no cash awards for age group winners, or for the 5k walk. Age group awards will be made available for both male and female runners in the following categories: 10-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

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

# ALLSHORES 5K RUN & WALK ROUTE

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

**NORTH SHORE**



For More Information Visit:  
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# ALLSHORES 10K & 5K FINISH FESTIVAL



The Royal Gazette

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## PwC BERMUDA MARATHON INSTRUCTIONS

**PLEASE READ CAREFULLY**

### GETTING TO THE START

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

A ferry will be provided to take marathon runners from Hamilton to the Royal Naval Dockyard. The ferry will leave Albuoy's Point in Hamilton (which is located next to the Hamilton Ferry Terminal) at 5:30am sharp on Sunday, January 18th. The journey is about 30 minutes, and the boat will arrive at the Royal Naval Dockyard at approximately 6:00am. Runners participating in the PwC Bermuda Marathon are encouraged to take the ferry. The ferry service is free to all marathon runners who present their runner bib number at Albuoy's Point. ***Please do not be late for the ferry!***

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

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

### RUNNER BAGS

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

Bermuda National Athletics Association, the Chubb Bermuda Triangle Challenge, Bermuda Land Management Corporation, nor the City of Hamilton, will be responsible for the security of your bags. Bags and clothing not collected by 2:00pm will be donated to local charities.

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

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

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

### PwC BERMUDA MARATHON ROUTE

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

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

## **BIB NUMBERS**

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

## **PwC BERMUDA MARATHON RULES OF THE ROAD**

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

In some instances, marathon participants may also encounter vehicular traffic traveling in the same direction.

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

### **CUT-OFF TIME – 6 HOURS!**

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

### **MILE MARKERS**

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

### **WALKING**

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

### **DROPPING OUT**

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

John Ambulance will be alerted and will come to your attention.

If you do not require medical assistance, you will be dropped off at the Finish Festival 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 Festival Area using public transport providers (buses or taxis), although there will be a fee for such services.

### **HYDRATION STATIONS**

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

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

### **GU GEL STATIONS**

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

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

### **GOSLINGS RUM STOPS**

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

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



## TOILETS

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

## FINISH

The PwC Bermuda Marathon finish is at Barr's Bay Park in Hamilton. Restrooms are located near the finish chute. At the Finish Festival, you can reunite with family and friends and enjoy light food and beverages (both alcoholic and non-alcoholic). There will also be merchandise for sale (accepting cash or Visa and Mastercard credit cards) and music from a resident DJ. You will have earned some well-deserved down time to celebrate your achievement!

## MEDALS

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

## PwC BERMUDA MARATHON AWARDS

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

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

**First place: \$500**

**Second place: \$250**

**Third place: \$100**

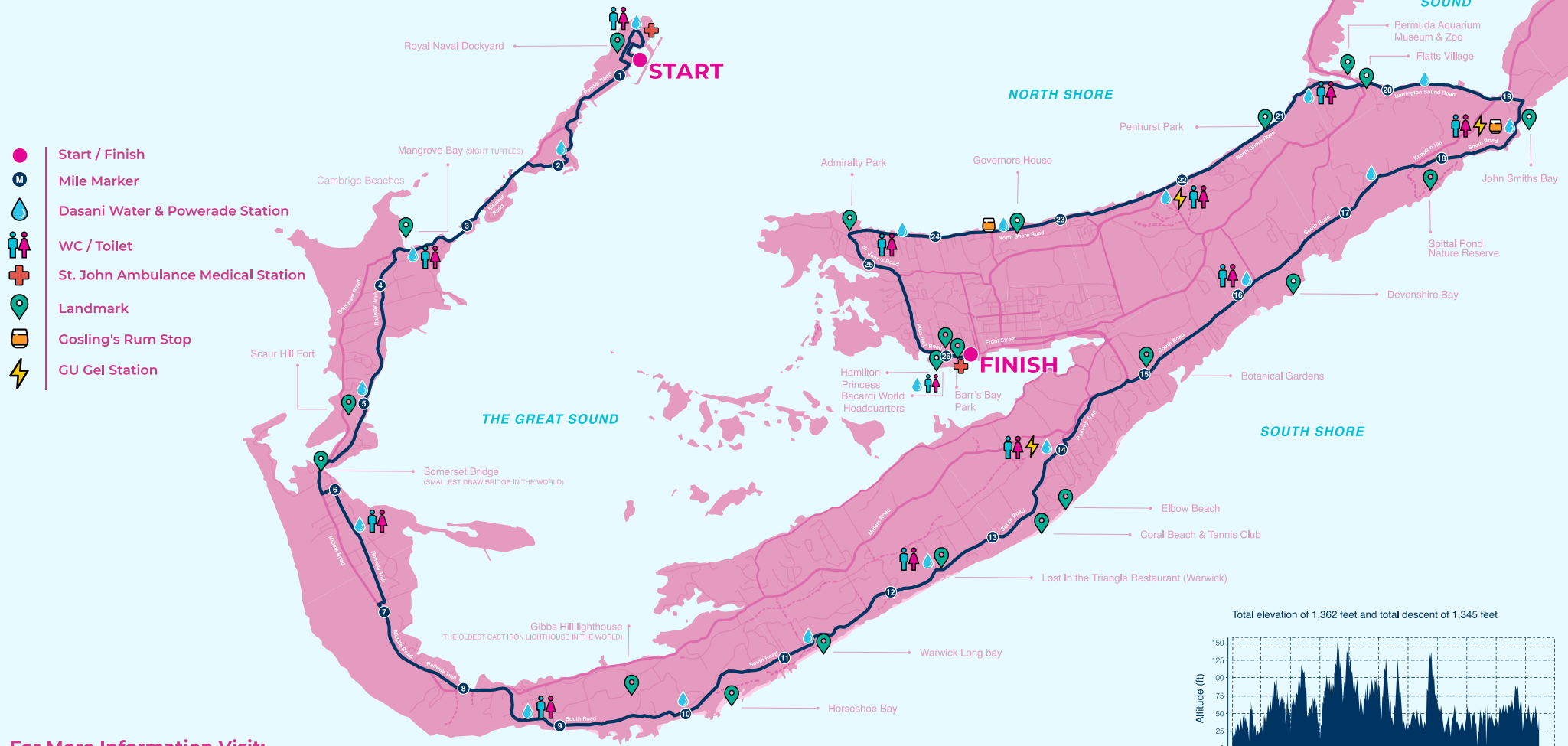
There will be no cash awards for age group winners. Age group awards will be made available for both males and females in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. These age group awards will be available for collection in the lobby of

the Hamilton Princess Hotel from 12noon to 6pm on Sunday, January 18th, and from 9am to 6pm on Monday, January 19th.

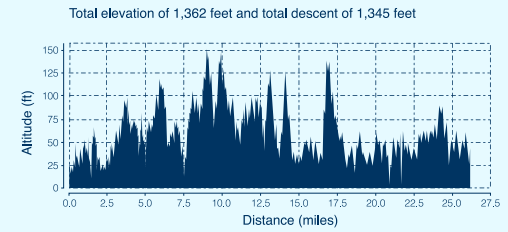
***Note: Awards must be collected and will not be mailed unless arranged with the event organisers.***



# PwC BERMUDA MARATHON ROUTE



For More Information Visit:  
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# 2026 Chubb Bermuda Triangle Challenge

We are proud to sponsor Youth participants in the 2026 Bermuda Triangle Challenge

We actively support initiatives that enhance the lives of our customers and strengthen Bermuda's next generation of leaders.



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[www.dockyard.bm](http://www.dockyard.bm)



## PwC BERMUDA HALF MARATHON INSTRUCTIONS

*PLEASE READ CAREFULLY*

### GETTING TO THE START

The PwC Bermuda Half Marathon will start at the entrance to the Hamilton Princess Hotel, in Hamilton, which is the official Start Area for the event.

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

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

### RUNNER BAGS

Half marathon participants may choose to leave their bags (using the bag tags which come with your race number bib which should be detached and attached to your bag) at the bag drop tent area located at Barr's Bay Park. All bags must be handed over to the bag drop tent area no later than 8:40am to allow you enough time to get to the start. ***There is a 5-to-10-minute walk from Barr's Bay Park to the entrance of the Hamilton Princess Hotel to the start of the half marathon. Make sure you have time to get back before the race starts.***

Volunteers will be managing the bag drop tent area, but neither the Bermuda National Athletics Association, the Chubb Bermuda Triangle Challenge, nor the City of Hamilton, will be responsible for the security of your bags. Bags and clothing not collected by 2:00pm will be donated to local charities..

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

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

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

### PwC BERMUDA HALF MARATHON ROUTE

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

### BIB NUMBERS

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



## PwC BERMUDA HALF MARATHON RULES OF THE ROAD

With the exception of the start line at the entrance to the Hamilton Princess Hotel to the Bird Cage in the City of Hamilton, when on the road, participants must always be on the left side of the centre line of the road. The roads will not be closed to vehicular traffic but will be patrolled by Bermuda Police Service officers who will stop/divert traffic where necessary. Traffic will be traveling in the opposite direction to the race. In some instances, participants may also encounter vehicular traffic traveling in the same direction.

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

## CUT-OFF TIME – 4 HOURS!

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

## MILE MARKERS

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

## WALKING

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

## DROPPING OUT

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

If you do not require medical assistance, you will be dropped off at the Finish Festival 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 Festival Area using public transport providers (buses or taxis), although there will be a fee for such services.

## HYDRATION STATIONS

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

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

## GU GEL STATIONS

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

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

## GOSLINGS RUM STOPS

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



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

### TOILETS

Toilet facilities for the PwC Bermuda Half Marathon will be available at the Start Area, at the Hamilton Princess Hotel, and at the Finish Festival Area, at Barr's Bay Park in Hamilton. There will also be portable toilets along the course, and these will be available at approximately: 3.0 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. Restrooms are located near the finish chute. At the Finish Festival, you can reunite with family and friends and enjoy light food and beverages (both alcoholic and non-alcoholic). There will also be merchandise for sale (accepting cash or Visa and Mastercard credit cards) and music from a resident DJ. You will have earned some well-deserved down time to celebrate your achievement!

### MEDALS

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

### PwC BERMUDA HALF MARATHON AWARDS

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

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

**First place: \$500**

**Second place: \$250**

**Third place: \$100**

There will be no cash awards for age group winners. Age group awards will be made available for both males and females in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. These age group awards will be available for collection in the lobby of the Hamilton Princess Hotel from 12noon to 6pm on Sunday, January 18th, and from 9am to 6pm on Monday, January 19th.

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

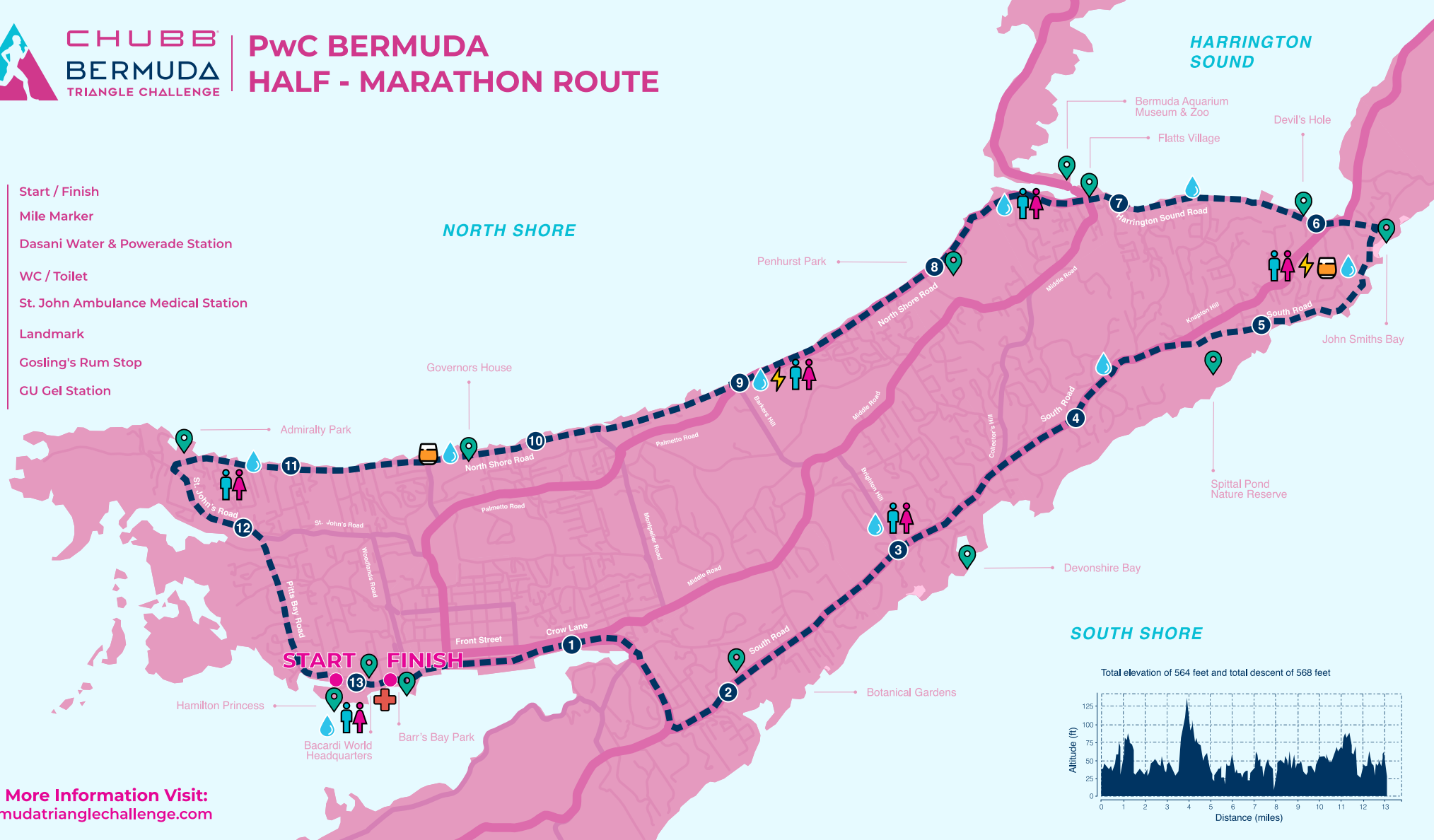
# PwC BERMUDA HALF - MARATHON ROUTE

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

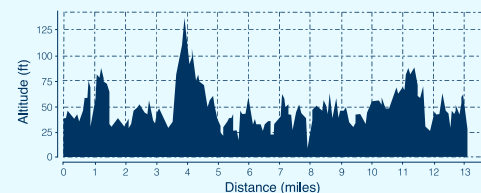
## NORTH SHORE

## HARRINGTON SOUND

## SOUTH SHORE



Total elevation of 564 feet and total descent of 568 feet



BERMUDA NATIONAL ATHLETICS ASSOCIATION

# ATHLETICS FOR LIFE

Since its establishment in 1946, the Bermuda National Athletics Association (BNAA) has proudly shaped the island's rich legacy in athletics producing exceptional athletes who have excelled on the world stage.

Our mission remains clear: pave the way for Bermuda's youth by creating opportunities to reach the highest stages of the sport.

---

Our Programs Create a Pathway for a Lifetime in Athletics  
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## ON YOUR MARK

Explore our Kids Athletics Programs (Ages 3–9)

## GET SET

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## GO

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## REPEAT — Active for Life

- Become a qualified coach within our local or national program structure
- Train as an official to support local and international events
- Serve on our Board or Committees to help expand our reach and impact.



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Email: [athleticsbda@gmail.com](mailto:athleticsbda@gmail.com)

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WWW.LATRATTORIA.BM | @LATRATTORIABERMUDA

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Bermuda Underwater Exploration Institute

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\*pre-book your tour at [buel.org/visit/tourist-information](http://buel.org/visit/tourist-information)
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BUEI is proud to partner with the CHUBB Bermuda Triangle Challenge and supports its sustainability goals!

[www.buel.org](http://www.buel.org) | (441) 292-7219



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*and the Chubb Bermuda Triangle Challenge*







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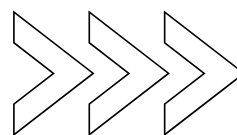


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# 21 FEB 2026

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QUALIFY FOR BERMUDA TEAM



## PwC BERMUDA HALF MARATHON RELAY INSTRUCTIONS

*PLEASE READ CAREFULLY*

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

### GETTING TO THE START

The PwC Bermuda Half Marathon Relay will start at the entrance to the Hamilton Princess Hotel, in Hamilton, which is the official Start Area for the event.

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

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

### RUNNER BAGS

Half marathon relay participants may choose to leave their bags (using the bag tags which come with your race number bib which should be detached and attached to your bag) at the bag drop tent area located at Barr’s Bay Park. All bags must be handed over to the bag drop tent area no later than 8:40am to allow you enough time to get to the start. ***There is a 5-to-10-minute walk from Barr’s Bay Park to the entrance of the Hamilton Princess Hotel to the start of the half marathon. Make sure you have time to get back before the race starts.***

Volunteers will be managing the bag drop tent area, but neither the Bermuda National Athletics Association, the Chubb Bermuda Triangle Challenge, 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 are to be collected by 8:30am in the Hamilton Princess Hotel Front Desk Reception area. The Bermuda Timing System crew (the starter) will be opposite the front desk check in area.

### PwC BERMUDA HALF MARATHON RELAY ROUTE

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



relay participants will then travel in a southerly direction along Spanish Point Road to St John's Road, southerly to Pitt's Bay Road, then in a southerly direction along Pitt's Bay Road to finish at Barr's Bay Park, at the City of Hamilton.

### BIB NUMBERS

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

### BATONS

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

### PwC BERMUDA HALF MARATHON RELAY RULES OF THE ROAD

With the exception of the start line at the entrance to the Hamilton Princess Hotel to the Bird Cage in the City of Hamilton, when on the road, half marathon relay participants must always be on the left side of the centre line of the road. The roads will not be closed to vehicular traffic but will be patrolled by Bermuda Police Service officers who will stop/divert traffic where necessary. Traffic will be traveling in the opposite direction to the race. In some instances, half marathon relay participants may also encounter vehicular traffic traveling in the same direction.

***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/ CHANGEOVER POINTS

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

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

Specific parking information for each leg:

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

- Leg 4 (between mile 9 & 10): North Shore Road, Devonshire, near Barker's Hill
  - Parking is available at either Robinson Bay Park or near the Railway Trail/entrance at the top of Palmetto Hill. It is a short five-minute walk from either Robinson Bay Park or the Railway Trail/entrance at the top of Palmetto Hill to the base of Barker's Hill.

### **CUT-OFF TIME – 4 HOURS!**

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

### **MILE MARKERS**

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

### **WALKING**

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

### **DROPPING OUT**

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

If you do not require medical assistance, you will be dropped off at the Finish Area at Barr's

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

### **HYDRATION STATIONS**

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

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

### **GU GEL STATIONS**

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

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

### **GOSLINGS RUM STOPS**

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

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

### **TOILETS**

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

9.0 miles and 11.2 miles.

### FINISH

The PwC Bermuda Half Marathon Relay finish is at Barr's Bay Park in Hamilton. Restrooms are located near the finish chute. At the Finish Festival, you can reunite with family and friends and enjoy light food and beverages (both alcoholic and non-alcoholic). There will also be merchandise for sale (accepting cash or Visa and Mastercard credit cards) and music from a resident DJ. You will have earned some well-deserved down time to celebrate your achievement!

### MEDALS

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

### PwC BERMUDA HALF MARATHON RELAY AWARDS

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

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

- All male adult team
- All female adult team
- Mixed adult team
- All male youth team (18 and under)
- All female youth team (18 and under)
- Mixed youth team (18 and under)

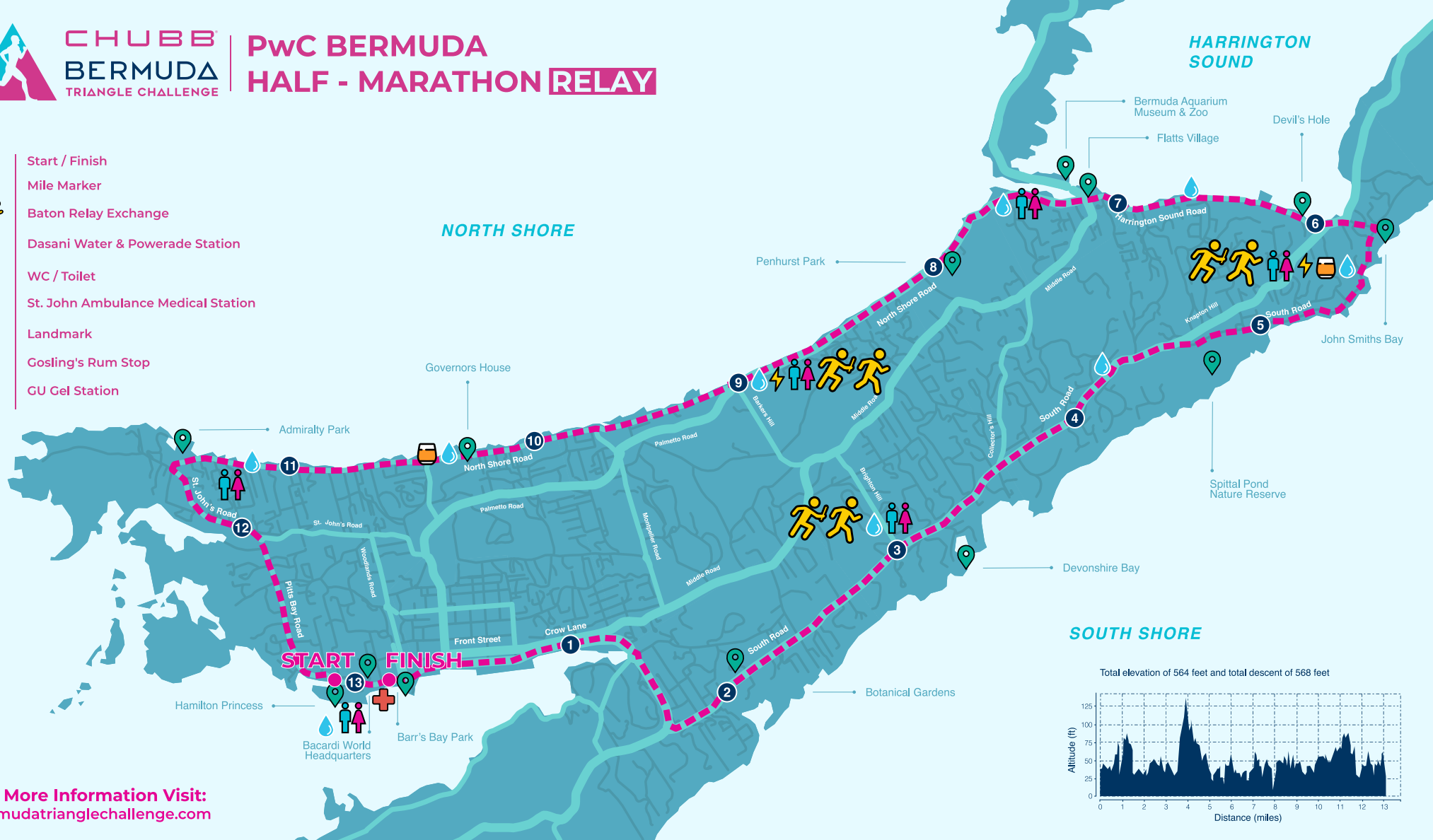
***Note: Awards must be collected and will not be mailed unless arranged with the event organisers.***





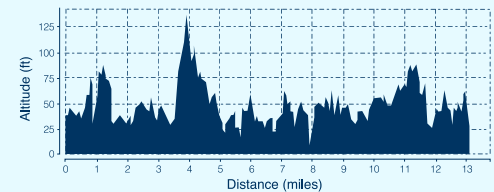
# PwC BERMUDA HALF - MARATHON RELAY

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



## SOUTH SHORE

Total elevation of 564 feet and total descent of 568 feet



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

# CHUBB BERMUDA TRIANGLE CHALLENGE 2026

## BARR'S BAY PARK

### PwC MARATHON & HALF MARATHON FINISH FESTIVAL





# JOIN BERMUDA'S BIGGEST DAY OF GIVING BACK

**Saturday, May 2nd, 2026**

After conquering the Bermuda Triangle Challenge course, explore Bermuda at a different pace — and support local charities while you do it. Walk or cycle the End-to-End, Middle-to-End or the Fun Walk & Cycle.

Choose your distance. Bring your crew. Enjoy the island.



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St John  
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# MEET THE CHUBB BERMUDA TRIANGLE CHALLENGE PACERS

For 2026, there will be four official pacers. To follow the pacers look out for the Bermuda flag that they will be holding up at the start of the race.

## ALLSHORES 10K RUN/WALK | SATURDAY, JANUARY 17, 2026



**Phil Woollins**

Phil will be running a 40 minute pace

## PwC BERMUDA MARATHON | SUNDAY, JANUARY 18, 2026



**Jason Williams**

Jason will be running a 4 hour pace

## PwC BERMUDA HALF MARATHON | SUNDAY, JANUARY 18, 2026



**Edward Willis**

Ed will be running a 1 hour 45 minute pace



**Katrina Lindsay**

Katrina will be running a 2 hour pace



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### RACE DATES:

SUNDAY, FEBRUARY 8TH, 2026  
SUNDAY, FEBRUARY 15TH, 2026  
SUNDAY, MARCH 22ND, 2026  
SUNDAY, MAY 3RD, 2026

Register at [www.racedayworld.com](http://www.racedayworld.com)

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# *Congratulations Runners!*

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you, and the finish line reward your hard work.  
Good luck to all runners!**

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The BDA Community Pharmacy, operated by the Bermuda Diabetes Association, is more than just a pharmacy – it's a social enterprise. This means that every purchase you make helps fund medication and services for individuals with limited or no insurance who are living with diabetes.

By choosing us, you're not only saving money and gaining access to expert care, but you're also making a difference.



**2,940  
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CHARGE**

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WAS SAVED**

By our BDA Community Pharmacy customers and the healthcare system, because we have kept our dispensing fee at \$15 since 2008.



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COUNSELING  
SESSIONS**

No co-pays are charged, and people who cannot afford health insurance receive services for free.

**THE BDA COMMUNITY PHARMACY IS OPEN TO EVERYONE**

# ENTERTAINMENT SCHEDULE

## BUTTERFIELD MILE

TYPE OF ENTERTAINMENT	LOCATION	FRIDAY 16 JANUARY 2026
Ricochet Sound System	Flag Pole on Front Street, Hamilton	6:00pm – 10:00pm
Royal Bermuda Regiment Band	Front Street, Hamilton	6:30pm – 6:45pm
Mascot Race at Butterfield Mile	Front Street, Hamilton	6:45pm – 7:00pm

## ALLSHORES 10K RUN/WALK / ALLSHORES 5K RUN/WALK

TYPE OF ENTERTAINMENT	LOCATION	SATURDAY 17 JANUARY 2026
Ricochet Sound System	National Sports Centre, North Field	6:30am – 1:00pm
Zumba Warm Up with Jennifer Ward and Team at Inspired Fitness	Pre warm up at National Sports Centre, North Field	8:30am – 8:45am
DJ Shane Brown	Arboretum Middle Road – Closer for Fort Hill Road	9:00am – 10:00am
DJ Charles Butterfield	Link Bermuda	9:00am – 10:00am
DJ Jugglin Jason	Flatts Village	9:00am – 11:00am
DJ Nadaanja Bailey	Terceira's Gas Station	9:00am – 11:00am
DJ Craig "Bubbles" Darrell	Barkers Hill	9:00am – 11:00am
DJ Andre Rochester	Dock Hill/ Bottom of Frog Lane	9:00am – 11:00am
Boom Boxes at various Water Stops on the Allshores 10k Run/Walk / Allshores 5k Run/Walk	All along the courses	9:00am – 11:00am
Bermuda Gombey Dancers – Phoenix Gombey Troupe	National Sports Centre, North Field	11:05am – 11:30am



## PwC BERMUDA MARATHON / PwC BERMUDA HALF MARATHON / PwC BERMUDA HALF MARATHON RELAY

TYPE OF ENTERTAINMENT	LOCATION	SUNDAY 18 JANUARY 2026
Ricochet Sound System	Royal Naval Dockyard	6:00am – 8:00am
DJ Blacka	Railway Trail	7:30am – 9:00am
Fort Scaur	7:30am – 9:00am	7:30am – 9:00am
DJ Julz	Somerset Bridge	7:30am – 9:00am
DJ Kaos	Carolina Bay	7:30am – 9:00am
DJ Aztec	Port Royal	7:30am – 9:30am
DJ Scratchy	Barnes Corner	7:30am – 9:30am
DJ Chubb	South Shore – Horseshoe layby	8:00am – 10:00am
DJ Vince Savory	South Shore – Warwick Long Bay	8:00am – 10:00am
DJ Bernie Mac	Astwood Park	8:00am – 10:00am
DJ Malcom Smith	Coral Beach & Tennis Club Bermuda	8:15am – 10:15am
DJ D'General	Bermuda College	8:15am – 10:15am
DJ Donnie	Trimingham Hill Roundabout	8.30am – 10.30am
DJ Allstar	Botanical Gardens	8.30am – 10.30am
DJ Mikie B	Collectors Hill	8.30am – 10.30am
DJ Markie	Nantucket Road	8.30am – 10.30am
DJ Kuane Smith	Spittal Pond East	8.30am – 10.30am
DJ @ Water Stop provided by Zurich Management (Bermuda) Ltd.	John Smiths	8:30am – 10:30am
DJ Magic	Devils Hole	8.30am – 10.30am

## PwC BERMUDA MARATHON / PwC BERMUDA HALF MARATHON / PwC BERMUDA HALF MARATHON RELAY CONTINUED

TYPE OF ENTERTAINMENT	LOCATION	SUNDAY 18 JANUARY 2026
DJ Jugglin Jason	Flatts Village	9:00am – 11:00am
Cheer Zone - Grateful Miles Running Club	Penhurst Park	9:00am – 12:00pm
DJ I-Breeze	Terceira's Gas Station	9:00am – 11:00am
DJ Craig "Bubbles" Darrell	Barkers Hill	9:00am – 11:00am
DJ Ice Man	Black Watch Pass	9:00am – 11:00am
DJ Fresh Kid	North Shore/Admiralty Park	9:00am – 11:00am
DJ Brownie	Cox's Hill Roundabout	9:30am – 11:30am
Boom Boxes at various Water Stops on the PwC Bermuda Marathon / PwC Bermuda Half Marathon / PwC Bermuda Half Marathon Relay	All along the courses	7:00am – 1:00pm
Ricochet Sound System	Barr's Bay Park	7:00am – 5:00pm
City of Hamilton Town Crier, Ed Christopher	Barr's Bay Park	7:00am – 1:00pm

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## **PALS 38<sup>TH</sup> ANNUAL WALK** **Sunday, 22 February 2026**

- Traditional Walk with a Virtual Option
- Starting and finishing at PALS Headquarters
- Join us and support Bermuda's cancer patients

**3K, 5K or 10K Walk Along the Railway Trail**

**OR**

**Virtual Walk Any Time, Any Place**

# GETTING AROUND BERMUDA

## RECOMMENDED TAXI DRIVERS

NAME	CONTACT
David	505-1117
Mike Chlebek	333-3042
Mike Levon	334-7268
Millard	335-7483
Yusef Bean (Yunique Transportation)	535-1609

## CURRENT VEHICLES

Current Vehicles is the quick and easy way for race participants to get around Bermuda. As an official partner of the Chubb Bermuda Triangle Challenge, runners can rent fully electric, zero-emissions vehicles—perfect for exploring the island sustainably and stress-free. With multiple vehicle options, free island-wide charging, flexible rentals, and exceptional service, Current makes getting to races, events, and beaches simple and convenient.

*Use promo code **TCB2026** to receive \$25 off your first rental.*

Visit: [currentvehicles.com](https://currentvehicles.com)

## OLEANDER CYCLES

Oleander Cycles is Bermuda's most trusted moped rental agency and a go-to mobility partner for race participants visiting the island. With rental locations island-wide and a fleet of high-quality, fuel-efficient scooters, Oleander makes getting to race events, sightseeing, and exploring Bermuda easy and convenient. Known for exceptional service and reliability, Oleander Cycles is a smart, trusted choice for navigating the island during Chubb Bermuda Triangle Challenge weekend.

Visit: [oleandercycles.bm](https://oleandercycles.bm)

## BUS/FERRY

Schedules located on the following pages.

Thanks to the Department of Public Transportation and the Ministry of Finance, all registered participants can *enjoy complimentary travel on Bermuda's public buses from Friday, January 16 through Monday, January 19*. Simply show your event running bib when boarding to ride. We're grateful to both departments for helping make transportation during the Chubb Bermuda Triangle Challenge easier and more accessible for everyone.





# BERMUDA BUS *Schedule*

## ROUTE 1 Hamilton to St. George's Via Tucker's Town, The Caves and Grotto Bay

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES ST. GEORGE'S	LEAVES HAMILTON	LEAVES ST. GEORGE'S
9:15 AM	9:52 AM	8:15 AM	8:52 AM
10:15	10:52	9:15	9:52
11:15	11:52	10:15	10:52
12:15 PM	12:52 PM	11:15	11:52
1:15	1:52	12:15 PM	12:52 PM
2:15	2:52 <b>hs</b>	1:15	1:52
4:15	3:52	2:15	2:52
	4:52	3:15	3:52
		4:15	4:52
SUNDAY & HOLIDAYS			
LEAVES HAMILTON	11:00 AM	12:00 PM	1:00 2:00 3:00 4:00 5:00
LEAVES ST. GEORGE'S	11:00 AM	12:00 PM	1:00 2:00 3:00 4:00 5:00

**NOTE:** **hs** – Trip operates via Harrington Sound School route; does not serve South Road between Devil's Hole and Collector's Hill.

### AVERAGE RUNNING TIMES (IN MINUTES):

#### HAMILTON TO:

Hospital	7
Collectors Hill	16
Verdmont	18
John Smith's Bay	25
Mid-Ocean Club	32
Tucker's Point Gate	37
Caves	39
Grotto Bay	47
St. George's	65

#### GROTTO BAY TO:

Caves	2
Tucker's Point Gate	10
John Smith's Bay	17
Verdmont	24
Collectors Hill	26
Hospital	35
Hamilton	42

#### ST. GEORGE'S TO:

Grotto Bay	18
Caves	20
Tucker's Point Gate	28
John Smith's Bay	35
Verdmont	42
Collectors Hill	44
Hospital	53
Hamilton	60

## ROUTE 1 Hamilton to Grotto Bay Via Tucker's Town and The Caves

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES GROTTO BAY	LEAVES HAMILTON	LEAVES GROTTO BAY
6:45 AM	7:10 AM	7:45 AM	8:10 AM
7:15	7:40	8:15	8:40
7:45	8:10	8:45	9:10
8:15	8:40	9:15	9:40
8:45	9:10		10:10
9:15	9:40		
	10:10		
THEN EVERY 30 MINS. UNTIL			
1:15 PM	2:10 PM	1:15 PM	2:10 PM
1:45	2:40	1:45	2:40
2:15	3:10 <b>hs</b>	2:15	3:10
2:45	3:40	2:45	3:40
3:15 <b>dh</b>	4:10	3:15	4:10
3:45	4:40	3:45	4:40
4:15	5:10	4:15	5:10
4:45	5:40	4:45	5:40
5:15	6:40	5:15	
5:45		5:45	
6:15			

### SUNDAYS & HOLIDAYS

LEAVES HAMILTON	LEAVES GROTTO BAY
-----------------	-------------------

*Refer to Hamilton to St. George's schedule*

### NOTES:

**dh** – Trip operates to Devil's Hole; does not serve Tucker's Point or Grotto Bay.

**hs** – Trip operates via Harrington Sound School route; does not serve South Road between Devil's Hole and Collectors Hill.

## ROUTE 2 Hamilton to Ord Road Via Botanical Gardens and Elbow Beach

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES ORD ROAD	LEAVES HAMILTON	LEAVES ORD ROAD
7:45 AM	7:15 AM	7:15 AM	7:45 AM
8:15	7:35	8:15	8:45
9:15	7:55	9:15	9:45
10:15	8:15	10:15	10:45
11:15	8:40	11:15	11:45
12:15 PM	9:45	12:15 PM	12:45 PM
1:15	10:45	1:15	1:45
2:15	11:45	2:15	2:45
3:15	12:45 PM	3:15	3:45
4:15	1:45	4:15	4:45
4:45	2:45	5:15	5:45
5:05	3:40	5:45	6:15
5:25	4:40		
5:45	5:15		
	5:45		
	6:15		

### AVERAGE RUNNING TIMES (IN MINUTES):

#### HAMILTON TO:

Hospital	10
Elbow Beach	17
Ord Road	25

#### ORD ROAD TO:

Elbow Beach	8
Hospital	15
Hamilton	25



GOVERNMENT OF BERMUDA  
Department of Public Transportation







# BERMUDA BUS *Schedule*

ROUTE 3

## Hamilton to Grotto Bay

Via Middle Road, Devil's Hole and The Caves

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES GROTTO BAY	LEAVES HAMILTON	LEAVES GROTTO BAY
7:15 AM	7:00 AM	8:15 AM	7:00 AM
7:45	7:30	9:15	8:00
8:15	8:00	10:15	9:00
8:45	8:30	11:15	10:00
9:15	9:00	12:15 PM	11:00
9:45	9:30	1:15	12:00 PM
	10:00	2:15	1:00
	10:30	3:15	2:00
THEN EVERY 30 MINS. UNTIL		4:15	3:00
		4:45	4:00
		5:15	5:00
		6:15	6:00
3:45 PM	4:00 PM		
4:15	4:30		
4:45	5:00		
5:15	5:30		
5:45	6:00		
6:15 <b>sd</b>			
SUNDAYS & HOLIDAYS		<b>NOTES:</b> <b>sd</b> - Trip operates direct from Hamilton to St. David's; then continues to St. George's.	
LEAVES HAMILTON	LEAVES GROTTO BAY		
9:15 AM	10:00 AM		
Refer to Hamilton to St. George's schedule			

### AVERAGE RUNNING TIMES (IN MINUTES):

#### HAMILTON TO:

Zuill's Park	15
Devil's Hole	22
Caves	38
Grotto Bay	40

#### GROTTO BAY TO:

Caves	2
Devil's Hole	18
Zuill's Park	25
Hamilton	40

ROUTE 3

## Hamilton to St. George's

Via Middle Road, Devil's Hole, The Caves and Swizzle Inn

MONDAY TO FRIDAY		SATURDAY
LEAVES HAMILTON	LEAVES ST. GEORGE'S	FOR MORE SATURDAY SERVICE ON ROUTE 3, SEE HAMILTON TO GROTTO BAY TIMETABLE  (Connections are available at Grotto Bay to/from St. George's)
7:15 AM	9:12 AM	
7:45 <b>sd</b>	10:12	
8:45	11:12	
9:45	12:12 PM	
10:45	1:12	
11:45	2:12	
12:45 PM	3:12	
1:45	4:12	
2:45	5:12	
3:45		
4:45		
SUNDAY & HOLIDAYS		<b>NOTE:</b> <b>sd</b> - Trip operates/terminates in St. George's on school days only.
LEAVES HAMILTON	LEAVES ST. GEORGE'S	
11:30 AM	11:30 AM	
12:30 PM	12:30 PM	
1:30	1:30	
2:30	2:30	
3:30	3:30	
4:30	4:30	
5:30	5:30	

### AVERAGE RUNNING TIMES (IN MINUTES):

#### HAMILTON TO:

Zuill's Park	15
Devil's Hole	22
Caves	38
Grotto Bay	40
St. George's	58

#### ST. GEORGE'S TO:

Grotto Bay	18
Caves	20
Devil's Hole	36
Zuill's Park	43
Hamilton	58

ROUTE 4

## Hamilton to Spanish Point

Via St. John's Road or North Shore Road

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES SPANISH POINT	LEAVES HAMILTON	LEAVES SPANISH POINT
7:30 AM <b>sj</b>	6:42 AM <b>sj</b>	8:00 AM <b>sj</b>	7:27 AM <b>sj</b>
7:50 <b>sj</b>	7:12 <b>sj</b>	8:30 <b>ns</b>	8:12 <b>sj</b>
8:10 <b>sj bk</b>	7:27 <b>ns</b>	9:00 <b>sj</b>	8:42 <b>ns</b>
8:30 <b>sj bk</b>	7:42 <b>sj</b>	10:00 <b>sj</b>	9:12 <b>ns</b>
9:00 <b>sj</b>	8:02 <b>sj</b>	11:00 <b>sj</b>	10:12 <b>ns</b>
10:00 <b>sj</b>	8:22 <b>ns</b>	12:00 PM <b>sj</b>	11:12 <b>ns</b>
11:00 <b>sj</b>	8:42 <b>sj</b>	1:00 <b>sj</b>	12:12 PM <b>ns</b>
12:00 PM <b>sj</b>	9:12 <b>ns</b>	2:00 <b>sj</b>	1:12 <b>ns</b>
1:00 <b>sj</b>	10:12 <b>ns</b>	3:00 <b>sj</b>	2:12 <b>ns</b>
2:00 <b>sj</b>	11:12 <b>ns</b>	4:00 <b>sj</b>	3:12 <b>ns</b>
3:00 <b>sj</b>	12:12 PM <b>ns</b>	4:30 <b>ns</b>	4:12 <b>ns</b>
4:00 <b>sj</b>	1:12 <b>ns</b>	5:05 <b>sj</b>	4:49 <b>ns</b>
4:16 <b>sj</b>	2:12 <b>ns</b>	6:00 <b>sj</b>	5:17 <b>sj</b>
4:30 <b>ns</b>	3:12 <b>ns bi</b>		6:12 <b>ns</b>
4:45 <b>sj</b>	4:12 <b>ns</b>	<b>SUNDAY &amp; HOLIDAYS</b>	
5:05 <b>sj</b>	4:27 <b>sj</b>		
5:15 <b>ns</b>	4:42 <b>ns</b>		
5:30 <b>sj</b>	5:02 <b>sj</b>	LEAVES HAMILTON	LEAVES SPANISH POINT
6:00 <b>sj</b>	5:17 <b>ns</b>	8:45 AM <b>sj</b>	8:57 AM <b>ns</b>
	5:42 <b>ns</b>	10:15 <b>sj</b>	10:27 <b>ns</b>
	6:12 <b>ns</b>	12:45 PM <b>sj</b>	12:57 PM <b>ns</b>
		2:45 <b>sj</b>	2:57 <b>ns</b>
		4:45 <b>sj</b>	4:57 <b>ns</b>
		6:15 <b>sj</b>	6:27 <b>ns</b>

### NOTES:

**ns** - Trip operates via North Shore Road

**sj** - Trip operates via St. John's Road.

**bk** - Trip operates via Berkeley Road school route; does not serve St. John's Road between Berkeley Road and Admiralty House Junction.

**bi** - Trip operates via Berkeley Road school route; does not serve Langton Hill.

**Outbound** - Buses traveling via North Shore Road will travel via Black Watch Pass.

**Inbound** - Buses travelling via North Shore Road will travel via Langton Hill.

### AVERAGE RUNNING TIMES (IN MINUTES):

#### HAMILTON TO:

Admiralty House Park	7
Spanish Point	12

#### SPANISH POINT TO:

Admiralty House Park	5
Hamilton	12





# BERMUDA BUS *Schedule*

## ROUTE 5 Hamilton to Pond Hill Via Glebe Road

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES POND HILL	LEAVES HAMILTON	LEAVES POND HILL
7:20 AM	6:30 AM	7:50 AM	8:00 AM
7:50	7:00	8:50	9:00
8:20	7:30	9:50	10:00
8:35	8:00	10:50	11:00
8:50	8:30	11:50	12:00 PM
	8:45	12:50 PM	1:00
	9:00	1:50	2:00
		2:50	3:00
THEN EVERY HOUR UNTIL		3:50	4:00
		4:50	5:00
3:50 PM	4:00 PM	5:50	6:00
4:20	4:30	6:20	
4:50	5:00		
5:05	5:15		
5:20	5:30		
5:50	6:00		
6:20			

**AVERAGE RUNNING TIME:** 10 minutes in each direction.

## ROUTE 6 St. George's to St. David's Via Clearwater Beach

MONDAY TO FRIDAY		SATURDAY	
LEAVES ST. GEORGE'S	LEAVES ST. DAVID'S	LEAVES ST. GEORGE'S	LEAVES ST. DAVID'S
9:45 AM	10:10 AM	9:45 AM	10:10 AM
10:45	11:10	10:45	11:10
11:45	12:10 PM	11:45	12:10 PM
12:45 PM	1:10	12:45 PM	1:10
1:45	2:10	1:45	2:10
2:45	3:10	2:45	3:10
3:45	4:10	3:45	4:10
4:45	5:10	4:45	5:10
5:45	6:10	5:45	6:10
6:45	7:10	6:45	7:10
7:45	8:10	7:45	8:10
8:45	9:10	8:45	9:10

**NOTES:** All trips enter St. David's via Southside Road and exit via St. David's Main Road, and provide service to Clearwater Beach.

## ROUTE 6 St. George's to St. David's Via Southside Gate 1 / Main Road

MONDAY TO FRIDAY		SATURDAY	
LEAVES ST. GEORGE'S	LEAVES ST. DAVID'S	LEAVES ST. GEORGE'S	LEAVES ST. DAVID'S
6:15 AM <b>ss</b>	6:40 AM <b>mr</b>	7:15 AM <b>ss</b>	7:40 AM <b>mr</b>
6:55 <b>sd ss</b>	7:20 <b>ht mr</b>	8:15 <b>mr</b>	8:40 <b>ss</b>
7:15 <b>ss</b>	7:40 <b>hm mr</b>	9:15 <b>mr</b>	9:40 <b>ss</b>
8:15 <b>mr</b>	8:40 <b>ss</b>	10:15 <b>mr</b>	10:40 <b>ss</b>
9:15 <b>mr</b>	9:40 <b>ss</b>	11:15 <b>mr</b>	11:40 <b>ss</b>
10:15 <b>mr</b>	10:40 <b>ss</b>	12:15 PM <b>mr</b>	12:40 PM <b>ss</b>
11:15 <b>mr</b>	11:40 <b>ss</b>	1:15 <b>mr</b>	1:40 <b>ss</b>
12:15 PM <b>mr</b>	12:40 PM <b>ss</b>	2:15 <b>mr</b>	2:40 <b>ss</b>
1:15 <b>mr</b>	1:40 <b>ss</b>	3:15 <b>mr</b>	3:40 <b>ss</b>
2:15 <b>mr</b>	2:40 <b>ss</b>	4:15 <b>mr</b>	4:40 <b>ss</b>
3:15 <b>mr</b>	3:40 <b>mr</b>	5:15 <b>mr</b>	5:40 <b>ss</b>
4:15 <b>mr</b>	4:40 <b>ss</b>	6:15 <b>mr</b>	6:40 <b>ss</b>
5:15 <b>mr</b>	5:40 <b>ss</b>		
6:15 <b>mr</b>	6:40 <b>ss</b>		

### SUNDAY & HOLIDAYS

LEAVES ST. GEORGE'S	LEAVES ST. DAVID'S
8:15 AM <b>mr</b>	8:40 AM <b>mr</b>
9:15 <b>mr</b>	9:40 <b>mr</b>
10:15 <b>mr</b>	10:40 <b>ss</b>
11:15 <b>mr</b>	11:40 <b>ss</b>
12:15 PM <b>mr</b>	12:40 PM <b>ss</b>
1:15 <b>mr</b>	1:40 <b>ss</b>
2:15 <b>mr</b>	2:40 <b>ss</b>
3:15 <b>mr</b>	3:40 <b>ss</b>
4:15 <b>mr</b>	4:40 <b>ss</b>
5:15 <b>mr</b>	5:40 <b>ss</b>
6:15 <b>mr</b>	6:40 <b>ss</b>

### NOTES:

This route does not directly service Clearwater Beach

**hm** - This trip operates to Hamilton via Route 3

**ht** - On school days, trip operates to Warwick via Collector's Hill. On other days, trip operates to Hamilton via Route 11.

**sd** - Trip operates on school days only.

**ss** - Southside

**mr** - Main Road (St. David's Road)

### AVERAGE RUNNING TIMES (IN MINUTES):

#### ST. GEORGE'S TO:

Southside Gate 1	11
St. David's	25

#### ST. DAVID'S TO:

Southside Gate 1	13
St. George's	25







# BERMUDA BUS *Schedule*

## ROUTE 7 Hamilton to Barnes Corner

Via South Shore Beaches and Lighthouse

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES BARNES CORNER	LEAVES HAMILTON	LEAVES BARNES CORNER
7:00 AM	7:09 AM	8:00 AM	7:19 AM
7:15 <b>hr</b>	7:19	8:15	7:49
7:30	7:29	8:30	8:19
8:00 <b>pr</b>	7:39	8:45	8:49
8:30	7:49		9:04
	8:04		9:19
	8:19		
	8:34		
	8:49		
	9:04		
THEN EVERY 15 MINUTES UNTIL			
4:00 PM	3:34 PM <b>pr</b>	4:00 PM	4:34 PM
4:20	3:49	4:15	4:49
4:30	4:04	4:30	5:04
4:50	4:19	4:45	5:19
5:00	4:34	5:00	5:34
5:20	4:49	5:15	5:49
5:30	5:19	5:30	5:54
5:45	5:34	5:45	6:04
6:00	5:49	6:00	6:34
6:30	6:04	6:30 <b>hr</b>	7:08 <b>hr</b>
7:15	6:19	7:15	7:49
8:15	6:34	8:15	8:49
9:15	6:49	9:15	9:49
	7:49		10:49
	8:49		
	9:49		
	10:46		

SUNDAY & HOLIDAYS	
LEAVES HAMILTON	LEAVES BARNES CORNER
9:30 AM	10:19 AM
10:00	10:49
10:30	11:19
THEN EVERY 30 MINUTES UNTIL	
5:00 PM	5:49 PM
6:00	6:19

### NOTES:

**pr** - Inbound trip scheduled to depart at 3:34 PM operates via Port Royal School Route; this trip does not serve Barnes Corner.

**hr** - Trip operates to or from Henry VIII Restaurant; does not serve Barnes Corner.

## ROUTE 7 Hamilton to Dockyard

Via South Shore Beaches, Lighthouse and Somerset

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES DOCKYARD	LEAVES HAMILTON	LEAVES DOCKYARD
7:00 AM	6:50 AM <b>mb</b>	8:00 AM	7:00 AM <b>mb</b>
8:00 <b>pr</b>	7:00 <b>mb</b>	8:30	7:30 <b>mb</b>
8:30	7:10 <b>mb</b>	9:00	8:00 <b>mb</b>
9:00	7:20 <b>mb</b>	9:30	8:20
9:30	7:30 <b>mb sv</b>	10:00	8:50
10:00	7:45 <b>mb</b>	10:30	9:20
10:30	8:00 <b>mb</b>	11:00	9:50
11:00	8:20 <b>we</b>	11:30	10:20
11:30	8:50	12:00 PM	10:50
12:00 PM	9:20	12:30	11:20
12:30	9:50	1:00	11:50
1:00	10:20	1:30	12:20 PM
1:30	10:50	2:00	12:50
2:00	11:20	2:30	1:20
2:30			1:50
			2:20
			2:50
			3:20
			3:50
THEN EVERY 30 MINUTES UNTIL			
3:00 PM	4:20 PM	3:00 PM	4:20 PM
3:30	4:50	3:30	4:50
4:00	5:20	4:00	5:20
4:20 <b>mb</b>	5:50	4:30	5:50
4:30	6:20	5:00	6:20
4:50 <b>mb</b>	6:50	5:30 <b>mb</b>	6:50
5:00	7:20	6:00 <b>mb</b>	7:20
5:20 <b>mb</b>	7:50	7:15	
5:30		8:15	
6:00 <b>mb</b>		9:15	
6:30 <b>mb</b>			
7:15			
8:15			
9:15			

### AVERAGE RUNNING TIMES (IN MINUTES):

#### HAMILTON TO:

Elbow Beach	14
Horseshoe Bay	25
Lighthouse	29
Somerset	53
Dockyard	62

#### DOCKYARD TO:

Somerset	9
Lighthouse	33
Horseshoe	37
Elbow Beach	48
Hamilton	62

SUNDAY & HOLIDAYS	
LEAVES HAMILTON	LEAVES DOCKYARD
9:30 AM	10:00 AM <b>mb</b>
10:00	10:50
10:30	11:20
11:00	11:50
11:30	12:20 PM
12:00 PM	12:50
12:30	1:20
1:00	1:50
1:30	2:20
2:00	2:50
2:30	3:20
	3:50
THEN EVERY 30 MINUTES UNTIL	
3:00 PM	4:20 PM
3:30	4:50
4:00	5:20
4:30	5:50
5:00 <b>mb</b>	

### NOTES:

**mb** - Trip operates via Man-grove Bay; does not serve Dockyard.

**pr** - Operates via Port Royal School Route; does not serve Turtle Cove area.

**sv** - Trip operates via Sound View Road.

**we** - Trip operates via West End School route; does not serve Somerset Main Road between Cricket Lane and Sound View Road.







# BERMUDA BUS *Schedule*

## ROUTE 8 Hamilton to Barnes Corner

Via Middle Road and Waterlot Inn

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES BARNES CORNER	LEAVES HAMILTON	LEAVES BARNES CORNER
6:45 AM	6:34 AM	6:45 AM	7:04 AM
7:15	6:49	7:15	7:34
7:45	7:04	7:45	8:04
8:45	7:14	8:15	8:34
	7:24	8:30	8:49
	7:34		9:04
	7:44		
	7:54		
	8:04		
	8:19 <b>xp</b>		
THEN EVERY 15 MINUTES UNTIL			
3:00 PM <b>pr</b>	4:04 PM	4:00 PM	4:34 PM
3:15	4:19	4:15	4:49
		4:30	5:04
		4:45	5:19
		5:00	5:34
		5:10 <b>sv</b>	5:49
		5:15	6:04
4:15 PM	4:34 PM	5:30	6:19
4:35	5:04	5:45	6:34
4:45	5:34	6:00	7:04
4:55	5:49	6:15	8:04
5:00	6:04	6:45	9:04
5:05 <b>sv</b>	6:19	7:15	10:04
5:10 <b>xp</b>	6:34	7:45	11:04
5:15	7:04	8:45	12:17 AM
5:20 <b>sv</b>	7:34	9:45	
5:30	8:04	10:45	
5:45	9:04	11:45	
6:00	10:04		
6:15	11:04		
6:45	12:17 AM		
7:15			
7:45			
8:45			
9:45			
10:45			
11:45			

SUNDAY & HOLIDAYS	
LEAVES HAMILTON	LEAVES BARNES CORNER
7:45 AM	8:04 AM
8:45	9:04
9:45	10:04
	10:34
THEN EVERY 15 MINUTES UNTIL	
5:15 PM	6:04 PM
5:45	6:34
6:45	7:04
7:45	8:04
8:45	9:04
9:45	10:04
10:45	11:04

### NOTES:

**pr** - Outbound trip scheduled to depart at 3:00 PM operates via Port Royal School Route: this trip does not serve Barnes Corner.

**sv** - Trip operates via Sound View Road.

**xp** - Trip operates express between Barnes Corner and Crow Lane.

## ROUTE 8 Hamilton to Dockyard

Via Middle Road, Waterlot and Clock Tower Mall

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES DOCKYARD	LEAVES HAMILTON	LEAVES DOCKYARD
6:45 AM	6:35 AM	7:15 AM	7:35 AM
7:15 <b>sh</b>	7:05	7:45	8:05
7:45 <b>sh</b>	7:35	8:15	8:35
8:15	7:50 <b>xp</b>	8:45	9:05
8:45	8:05 <b>sv</b>	9:15	9:35
9:15	8:35	9:45	10:05
9:45	9:05	10:15	10:35
10:15	9:35	10:45	11:05
10:45	10:05	11:15	11:35
11:15	10:35		12:05 PM
	11:05		12:35
	11:35		
	12:05 PM		
THEN EVERY 30 MINUTES UNTIL			
2:45 PM <b>sh</b>	3:35 PM	2:45 PM	4:05 PM
3:15	4:05	3:15	4:35
3:45	4:35	3:45	5:05
4:15	5:05	4:15	5:35
4:45	5:35	4:45	6:35
5:10 <b>xp</b>	6:05	5:15	11:50
5:45	6:35	5:45	
6:15	7:05	6:15	
10:45	11:50	10:45	

### NOTES:

**sv** - Trip operates via Sound View Road.

**xp** - Trip operates express between Barnes Corner and Crow Lane.

**sh** - Trip operates via Scott's Hill Road school route: does not serve Somerset Main Road between Sound View Road and Cricket Lane.

SUNDAY & HOLIDAYS	
LEAVES HAMILTON	LEAVES DOCKYARD
9:45 AM	9:35 AM
10:15	10:35
10:45	11:05
11:15	11:35
	12:05
	12:35 PM
THEN EVERY 30 MINUTES UNTIL	
2:45 PM	4:05 PM
3:15	4:35
3:45	5:05
4:15	5:35
5:15	6:35
10:45	



GOVERNMENT OF BERMUDA  
Department of Public Transportation





# BERMUDA BUS *Schedule*

ROUTE

8

## Hamilton to Cedar Hill

Via Middle Road, Paget

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES CEDAR HILL	LEAVES HAMILTON	LEAVES CEDAR HILL
7:45 AM	7:45 AM	7:45 AM	7:45 AM
8:45	8:15	8:45	8:45
9:45	8:45	9:45	9:45
10:45	9:45	10:45	10:45
11:45	10:45	11:45	11:45
12:45 PM	11:45	12:45 PM	12:45 PM
1:45	12:45 PM	1:45	1:45
2:45	1:45	2:45	2:45
3:45	2:45	3:45	3:45
4:45	3:45	4:45	4:45
5:15	4:45	5:20	5:45
5:45	5:45	5:45	6:45
6:45	6:45	6:45	

SUNDAY & HOLIDAYS	
LEAVES HAMILTON	LEAVES CEDAR HILL
9:45 AM	10:45 AM
10:45	11:45
11:45	12:45 PM
12:45 PM	1:45
1:45	2:45
2:45	3:45
3:45	4:45
4:45	5:45
5:45	
6:45	

### NOTES:

**Outbound** – Buses leaving Hamilton at the times shown above and marked "8-Dockyard" or "8-Somerset", will operate via Cedar Hill.

**Inbound** – Buses listed above departing Cedar Hill at 45 minutes past the hour are regular Route 8 trips departing Dockyard at 05 minutes past the hour, then depart Somerset terminal at 15 minutes past the hour. These trips will operate through Cedar Hill at approximately the times shown.

### AVERAGE RUNNING TIMES (IN MINUTES):

HAMILTON TO:		DOCKYARD TO:	
Cobbs Hill	15	Somerset	9
Cedar Hill	23	Barnes Corner	28
Barnes Corner	34	Cedar Hill	39
Somerset	53	Cobbs Hill	47
Dockyard	62	Hamilton	62

ROUTE

8

## Hamilton to Somerset

Via Middle Road and Waterlot Inn

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES SOMERSET	LEAVES HAMILTON	LEAVES SOMERSET
6:45 AM	6:15 AM	6:45 AM	6:45 AM
7:15	6:30	7:15	7:15
7:45	6:45	7:45	7:45
8:15	6:55	8:15	8:15
8:45	7:05	8:45	8:45
9:15	7:15	9:15	9:15
	7:25		
	7:35		
	7:45		
	8:00 <b>xp</b>		
	8:15 <b>sv</b>		
	8:45		
THEN EVERY 30 MINUTES UNTIL			
4:35 PM	4:15 PM	4:45 PM	4:45 PM
4:45	4:45	5:10 <b>sv</b>	5:15
4:55	5:15	5:15	5:45
5:05 <b>sv</b>	5:45	5:45	6:15
5:10 <b>xp</b>	6:15	6:15	6:45
5:15	6:45	6:45	7:45
5:20 <b>sv</b>	7:15	7:45	8:45
5:45	7:45	8:45	9:45
6:15	8:45	9:45	10:45
6:45	9:45	10:45	11:59
7:45	10:45	11:45	
8:45	11:59		
9:45			
10:45			
11:45			

SUNDAY & HOLIDAYS	
LEAVES HAMILTON	LEAVES SOMERSET
7:45 AM	7:45 AM
8:45	8:45
THEN EVERY 30 MINUTES UNTIL	
4:45 PM	4:45 PM
5:15	5:15
5:45	5:45
6:45	6:15
7:45	6:45
8:45	7:45
9:45	8:45
10:45	9:45
	10:45

### NOTES:

**sv** – Trip operates via Sound View Road. 8:15 AM trip does not serve Somerset Terminal.

**xp** – Trip operates express between Barnes Corner and Crow Lane.







# BERMUDA BUS *Schedule*

ROUTE  
9

## Hamilton to Prospect

(Circle Route) Via National Sports Centre,  
Cedar Park and Palmetto Road

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES PROSPECT	LEAVES HAMILTON	LEAVES PROSPECT
7:15 AM	7:25 AM	8:15 AM	8:25 AM
8:15 <b>ca</b>	8:25	9:15	9:25
8:45	8:55		
9:15	9:25		
THEN EVERY HOUR UNTIL			
3:15 PM	3:25 PM	3:15 PM	3:25 PM
4:15	4:25	4:15	4:25
4:45	4:55	5:15	5:25
5:15	5:25	5:45	5:55
5:45	5:55		
6:15			

**AVERAGE RUNNING TIME:**  
10 minutes in each direction.

**NOTE:**  
**ca** – Trip operates via Cedarbridge Academy.

SUNDAY & HOLIDAYS	
LEAVES HAMILTON	LEAVES PROSPECT
10:30 AM	10:40 AM

ROUTE  
10

## Hamilton to St. George's

Via Palmetto Road, Aquarium and Grotto Bay

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES ST. GEORGE'S	LEAVES HAMILTON	LEAVES ST. GEORGE'S
7:15 AM	6:15 AM	7:15 AM	7:15 AM
8:15	7:15	8:15	8:15
9:15	8:00 <b>xp</b>	9:15	9:15
10:15	8:15	10:15	10:15
11:15	9:15	11:15	11:15
12:15 PM	10:15	12:15 PM	12:15 PM
1:15	11:15	1:15	1:15
2:15	12:15 PM	2:15	2:15
3:15	1:15	3:15	3:15
4:15	2:15	4:15	4:15
5:00	3:15	5:15	5:15
5:10 <b>xp</b>	4:15	6:15	6:15
5:15	5:15		
6:15	6:15		
7:15	7:15		
8:15	8:15		
9:15	9:15		
	10:15		

**NOTE:**  
Routes 10 and 11 offer service to St. George's. Please refer to both schedules for alternative departure times to St. George's.

SUNDAY & HOLIDAYS	
LEAVES HAMILTON	LEAVES ST. GEORGE'S
9:15 AM	10:15 AM
10:15	11:15
11:15	12:15 PM
12:15 PM	1:15
1:15	2:15
2:15	3:15
3:15	4:15
4:15	5:15
5:15	6:15



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# BERMUDA BUS *Schedule*

## ROUTE 11 Hamilton to St. George's

Via Blackwatch Pass, Aquarium and Grotto Bay

MONDAY TO FRIDAY		SATURDAY	
LEAVES HAMILTON	LEAVES ST. GEORGE'S	LEAVES HAMILTON	LEAVES ST. GEORGE'S
6:45 AM	6:45 AM	6:45 AM	6:45 AM
7:45	7:00	7:45	7:45
8:00	7:30	8:30	8:30
8:45	7:45	8:45	8:45
9:00	8:00 <b>xp</b>	9:00	9:00
9:30	8:30	9:30	9:30
9:45	8:45	9:45	9:45
10:00	9:00	10:00	10:00
10:30	9:30	10:30	10:30
10:45	9:45	10:45	10:45
11:00		11:00	11:00
11:30		11:30	11:30
THEN EVERY 15 MINUTES IN CONJUNCTION WITH ROUTE 10 UNTIL			
11:45 AM	11:45 AM	11:45 AM	11:45 AM
12:00 PM	12:00 PM	12:00 PM	12:00 PM
12:30	12:30	12:30	12:30
12:45	12:45	12:45	12:45
1:00	1:00	1:00	1:00
1:30	1:30	1:30	1:30
1:45	1:45	1:45	1:45
2:00	2:00	2:00	2:00
2:30	2:30 <b>br</b>	2:30	2:30
2:45	2:45 <b>br</b>	2:45	2:45
3:00	3:00	3:00	3:00
3:30	3:30	3:30	3:30
3:45	3:45	3:45	3:45
4:00	4:00	4:00	4:00
4:35	4:30	4:30	4:30
4:45	4:45	4:45	4:45
5:05	5:00	5:00	5:00
5:10 <b>xp</b>	5:30	5:10	5:30
5:25 <b>sd</b>	5:45	5:30	5:45
5:35	6:45	5:45	6:45
5:45	7:45	6:45	7:45
6:45	8:45	7:45	8:45
7:45	9:45	8:45	9:45
8:45	10:45	9:45	10:45
9:45	11:45	10:45	11:45
10:45		11:45	
11:45			

SUNDAY & HOLIDAYS	
LEAVES HAMILTON	LEAVES ST. GEORGE'S
7:45 AM	7:45 AM
8:45	8:45
9:45	9:45
10:45	10:45
11:45	11:45
12:45 PM	12:45 PM
1:45	1:45
2:45	2:45
3:45	3:45
4:45	4:45
5:45	5:45
6:45	6:45
7:45	7:45
8:45	8:45
9:45	9:45
10:45	10:45

After 7:00 PM, the average running time between Hamilton and St. George's Terminal is 5-8 minutes less.

### NOTES:

**sd** - Trip operates direct from Hamilton to St. David's; then continues to St. George's.

**xp** - Trip operates express between Shelly Bay Plaza and Hamilton.

**br** - Trip operates via Berkeley Road school route; does not serve Black Watch Pass or Tennis Stadium.

### AVERAGE RUNNING TIMES (IN MINUTES):

HAMILTON TO:		ST. GEORGE'S TO:	
Aquarium	20	Southside Gate 1	12
Grotto Bay	30	Grotto Bay	20
Southside Gate 1	38	Aquarium	30
St. George's	50	Hamilton	50

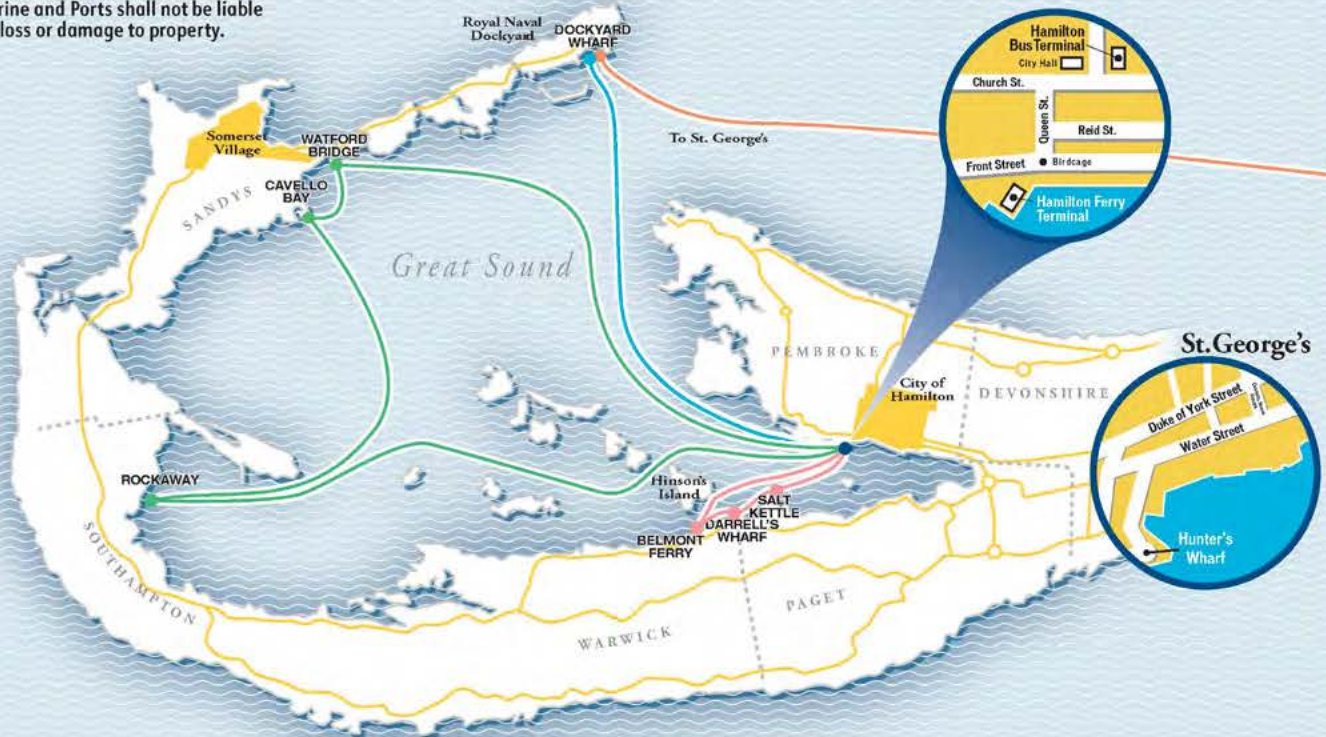


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Department of Public Transportation





**Marine and Ports shall not be liable for loss or damage to property.**



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### Fare Information

Passes	Passes valid on all routes on both ferries and buses.	Adult 1-Day	\$19.00	Adult Monthly Pass	\$69.00	Child 1-Day	\$9.50	Student Passes (Residents Only) All Students must present a Student Pass for free transportation. If Student Pass not presented, child (Age 5-15) or Adult (Age 16+) fares apply.
		Adult 2-Day	\$31.50	Adult 3-Month Pass	\$169.00	Child 2-Day	\$16.00	
		Adult 3-Day	\$44.00		Child 3-Day	\$22.00		
		Adult 4-Day	\$48.50		Child 4-Day	\$24.50		
		Adult 7-Day	\$62.00		Child 7-Day	\$31.00		

TICKETS		BLUE / GREEN / ORANGE ROUTE		PINK ROUTE		HOLDERS OF SPECIAL PERSONS PASS (INCLUDING SENIORS)	
<b>Tickets/Tokens</b> Please ensure you have the correct fare before boarding.	Cash		Motor Cycles		Cash		Free
	Adult	\$5.00	If paid by Cash or Token	\$4.50	Adult	\$3.50	
	Child (Age 5 - 15)	\$2.75	If paid by Pass	Free	Child (Age 5 - 15)	\$2.75	Child under age 5
	Tokens		Tickets (Booklet of 15)	\$37.50	Tokens		Free
	Adult	\$4.50	Special Persons Pass	Free	Adult	\$2.75	
	Child (Age 5 - 15)	\$2.75	(Including Seniors)		Child (Age 5 - 15)	\$2.75	
		Child under age 5	Free	Tickets (Booklet of 15)	\$25.00		

Passes, Tokens & Tickets available from the Hamilton Ferry & Bus Terminals, Visitors Information Centres, sub-post offices, hotels and guest houses.

**Hamilton Ferry Terminal open Monday - Friday 7am - 7pm • Saturday, Sunday and Holidays**

**8:30am – 6:00pm**

**For further information please call Hamilton Terminal 295-4506. Service is subject to change.**

**For ferry scheduling information please visit [www.marineandports.bm](http://www.marineandports.bm)**





## Hamilton • Royal Naval Dockyard BLUE ROUTE

### MOTOR CYCLES ALLOWED ON THIS ROUTE

Monday - Friday

Leave Hamilton	Leave Dockyard	Arrive Hamilton
7:30	8:00	8:20
8:30	9:15	9:45
9:00	9:45	10:15
10:30	11:15	11:45
12:00	12:45	1:15
1:45	2:30	3:00
3:15	4:00	4:30
4:45	5:30	6:00

Sat/Sun  
Public Holiday

Leave Hamilton	Leave Dockyard	Arrive Hamilton
9:00	9:45	10:15
10:30	11:15	11:45
12:00	12:45	1:15
1:45	2:30	3:00
3:15	4:00	4:30
4:45	5:30	6:00

Service is subject to change:  
For further information please call Hamilton Terminal 295-4506.  
Hamilton Ferry Terminal open  
• Monday - Friday 7am-7pm • Saturday, Sunday and Holidays 8:30am-6pm  
Marine and Ports shall not be liable for loss or damage to property.



St. George's, Hamilton, Dockyard and Rockaway are accessible to persons with disability. See crew for assistance.



For ferry scheduling  
information please visit  
[www.marineandports.bm](http://www.marineandports.bm)

## Hamilton • Watford Bridge • Cavello Bay • Rockaway GREEN ROUTE

### MOTOR CYCLES NOT ALLOWED ON WATFORD BRIDGE AND CAVELLO BAY

Monday - Friday

Leave Hamilton	Leave Watford Bridge	Leave Cavello Bay	Leave Rockaway	Arrive Hamilton
6:40	7:00	7:10	7:20	7:45
7:45	8:00	8:10	8:20	8:45
4:10	4:50	4:40	4:30	5:20
5:20	5:55	5:50	5:40	6:20
6:20	6:55	6:50	6:40	7:20

## Hamilton • Paget • Warwick PINK ROUTE

### MOTOR CYCLES NOT ALLOWED ON THIS ROUTE

Weekdays

Leave Hamilton	Leave Salt Kettle Paget	Leave Darrell's Wharf Warwick	Leave Belmont Warwick	Arrive Hamilton
7:15	7:40	7:35	7:30	7:45
7:45	-	8:00	-	8:10
8:15	8:40	8:35	8:30	8:45
3:45	3:50	3:55	4:00	4:25
4:30	4:35	4:40	4:45	5:00
5:20	5:25	5:30	5:35	5:50
6:20	6:25	6:30	6:35	6:50

## Passenger Policies

Our ferry crews regularly hold drills to ensure they are prepared to respond in the unlikely event of an emergency. All ferries and safety equipment, including personal flotation devices (PFDs), are regularly inspected in accordance with local regulations, codes and safety standards. Our goal is to provide you the safest most enjoyable experience with SeaExpress. In order to mitigate any potential risks associated with passengers either to themselves, the crew, staff, or the vessels, the following policies are to be adhered to.

### Prohibited Behaviours include but are not limited to:

- Smoking on the ferry or in the terminal areas.
- Illegal drugs or drug paraphernalia.
- Consumption of personal alcohol on the ferry or in the terminal areas.
- Vulgar language or gestures, physical violence, harassment, threats, etc.
- Any conduct deemed unsafe or disruptive.
- Throwing objects from the ferry.
- Vandalism, destruction, graffiti or marking of any facility or vessel.
- Sitting in or blocking the aisles or stairwells. Unruly children or passengers will not be tolerated.

### Other On-Onboard Considerations:

- Passengers or unauthorized persons are usually not allowed in the wheelhouse.
- No pets or animals are allowed in cabin areas, with the exception of service animals, without the express permission of the Master. Dogs should be leashed, under the control of the owner, and not allowed to remain inside the cabin areas or on the seats.
- Riding on ramps, piers and slipways is hazardous. Before boarding the ferry, dismount and walk your bike onboard and if necessary, ask a crew member for assistance.
- Ask a crew member if uncertain where to safely secure your bike.
- Passengers should be dressed with shirts at all times.
- Boarding is usually by the passenger access system or gangway. Where provided, please hold handrails and avoid carrying heavy luggage or items.
- Some decks feature raised or recessed lashing points and other trip hazards. Please watch your step at all times and use the designated walkways.
- Hold onto the handrails where provided. Due to the ferry designs, stairways are steep and present a hazard, particularly when wet.
- Pay attention and take care not to trip on open decks and when using doorways with raised sills.
- Inappropriate footwear (flip flops, cycling shoes and high heels) are not well suited for climbing stairs or crossing decks. Please take extra care to maintain your footing, especially on the terminal deck.
- Please no feet/shoes on the ferry seating, and no lying down or preventing access to passenger seating areas.
- Please pay attention to safety announcements and/or notices.
- Cell Phone Courtesy - keep your voice and laughter as low as possible, and avoid profanity.
- Use of headphones is required when playing music or gaming.
- Eating is allowed but all trash and belongings should be removed by passengers before disembarking the ferry.
- Please use extra caution in strong winds and prepare for unexpected ferry movements, as this may result in doors suddenly closing shut. For your safety, please keep hands clear of door enclosures.
- If at any point at the ferry terminal or on the ferry while travelling you see anything believed unsafe or a medical emergency, please immediately inform a staff or crew member.
- Department of Marine and Ports Services shall not be liable for loss or damage to property.



Download Ferry Schedule



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# BERMUDA ARRIVAL CARD

All overseas visitors are encouraged to complete the digital Bermuda Arrival Card before travelling to the island.

This quick, 2-minute form helps fast-track your entry at the airport so you can spend less time in line and more time enjoying the 2026 Bermuda Triangle Challenge!

Complete your Arrival Card here: [bermudaarrivalcard.com](https://bermudaarrivalcard.com)

Once submitted, you can download your form instantly, and a copy will also be sent to your email for easy access.

**BERMUDA**

**This is the official Bermuda Arrival Card Site.**

**Warning:** There are fraudulent websites charging for the Bermuda Arrival Card. This form is **FREE** and can be completed **upon arrival**. Do not pay third parties for this service.

**You're almost here!**

Getting to Bermuda has never been easier! We invite you to complete the digital Bermuda Arrival Card prior to your arrival on the island. The form will take less than 2-minutes to complete and it will get you through the airport faster. Once you complete the form you will have an opportunity to download it right away. You will also receive the form by email.

**NOTE:** All visitors arriving by air or yacht should complete this form. For questions about the form, please contact [ArrivalCard@bermudatourism.com](mailto:ArrivalCard@bermudatourism.com). Please review our [privacy policy](#).

Visitors arriving via Cruise are not required to complete the below form.

First Name

Middle Initial

Last Name

Gender ☐ Female ☐ Male

Citizenship Nationality

Passport Number

Passport Expiration Date

Email Address

Date of Birth

Arrival Date

# RUN STRONG, RECOVER STRONGER.



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## **MEDICAL ADVICE**

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

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

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

## **MEDICAL PROBLEMS**

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

## **FIT TO COMPETE**

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

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

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

## **TRAINING**

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

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

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

## **ILLNESS AND TRAINING**

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

**DRINKING**

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

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

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

**DRINKING ON THE DAY**

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

**DRINKING SAFELY**

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

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

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

At the Chubb Bermuda Triangle Challenge, there will be frequent hydration stations with Dasani water, so you might not need to drink at every hydration station. If you'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 carbohydrate (pasta, bread, you should be markedly reducing your training (tapering).

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

### **FEELING UNWELL?**

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

### **ON THE DAY**

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

### **AT THE FINISH**

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





Located in the heart of Hamilton, the **Bermuda Centre for Creative Learning (BCCL)** is a boutique city school for children ages 4 – 18. We are the only school in Bermuda that exclusively enrolls students with learning differences.

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Head of School

**Cindy Corday:** [ccorday@bccl.bm](mailto:ccorday@bccl.bm)

Admissions & Deputy Head

**Lindsey Sirju:** [lsirju@bccl.bm](mailto:lsirju@bccl.bm)

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# TRAFFIC ORDER

## BUTTERFIELD MILE

**FRIDAY, JANUARY 16TH, 2026**

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

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

### ROADS CLOSED:

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

### CITY OF HAMILTON CLOSURES:

– **NO. 1 & NO. 5 CAR PARKS: 12:00 PM – 11:00 PM**  
– **FRONT STREET (SPURLING HILL TO PAR-LA-VILLE ROAD), COURT STREET, BURNABY HILL, QUEEN STREET: 5:00 PM – 11:00 PM**

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

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

## ALLSHORES 10K RUN AND WALK/ ALLSHORES 5K RUN AND WALK SATURDAY, JANUARY 17TH, 2026

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

### ROADS CLOSED:

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

**PARSONS ROAD:** From Roberts Avenue to Montpelier Road between 8:45am 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 Parsons Lane to From Lane between 8:45am and 11:00am except for access at Cedar Park Estate.

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

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

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

### LANE CLOSURE

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

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

### LANE CLOSURE

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

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

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

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

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

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

**PARSONS ROAD:** From Roberts Avenue to Montpelier Road.

**FROG LANE:** From Palmetto Road to Parsons Road.

**MONTPELIER:** From Parsons Road to Middle Road.

**BFA WAY:** From Frog Lane to Fort Hill Road.

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

**FORT HILL ROAD:** From Alexander Road to BFA Way.

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

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

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

## **PwC BERMUDA MARATHON** **SUNDAY, JANUARY 18TH, 2026**

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

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

### **ROADS CLOSED:**

#### **DOCKYARD AREAS**

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

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

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

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

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

### **PUBLIC ROAD AREAS**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**SOUTH ROAD, SOUTHAMPTON, WARWICK, PAGET, DEVONSHIRE, SMITH:** From Middle Road, Southampton to Devil's Hole, Smith junction between 7:15am and 11:15am. The Eastbound lane will be closed from South

Road and Middle Road, Southampton, to the junction with South Road Roundabout, as well as the lane between South Road Roundabout and Point Finger Road. From the South Road Roundabout, the East bound traffic lane along South Road will be closed until reaching the junction with Devils Hole Hill.

**DEVIL'S HOLE HILL:** From the South Road junction to Harrington Sound Road junction between 7.30am and 11:15am in the WESTBOUND direction.

**HARRINGTON SOUND ROAD:** From the Devil's Hole Hill junction to Middle Road near Flatt's Village between 8:00am and 12:00pm in the WESTBOUND direction.

**NORTH SHORE ROAD:** From Middle Road, Flatts to the Spanish Point Road / St John's Road junction from 8:30am until 1:00pm in the WESTBOUND direction.

**ST JOHN'S ROAD:** From the North Shore Road junction to the St John's Road / Pitts Bay Road Roundabout from 8:30am until 1:00pm in the EASTBOUND direction.

**PITTS BAY ROAD:** From the St John's Road / Pitts Bay Road Roundabout to Barr's Bay Park, at the city of Hamilton, from 8:30am until 1:00pm in the EASTBOUND direction.

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

**RACE ROUTE:** Commence at Camber Road and travel in a north easterly direction to Dockyard Terrace, travel in an easterly direction to Maritime Lane and then travel in a westerly direction to Smithery Lane, then travel in a westerly direction along Clock Tower Parade towards Freeport Drive, then travel in a westerly direction towards Cross Island, then around Cross Island, then in a westerly direction along Pender Road to Cockburn Road. Turn south on Craddock Road and then travel in a westerly direction along Craddock Road, then travel in a westerly direction along Lagoon Road. Turn south on Heydon Road and travel in a westerly direction along Heydon Road. Then turn and travel in a westerly direction along Malabar Road, then travel in a westerly direction along Mangrove Bay Road to Beacon Hill junction. Turn south on Beacon Hill Road and travel to Railway Trail, then travel in a southerly direction along the railway trail to the junction with Somerset Road near Somerset Bridge, then travel in a westerly direction across Somerset Bridge to Middle Road, then travel in a westerly direction along Middle Road to Over Plus Lane, then turn at the Railway Trail and travel in an easterly direction along the Railway Trail to Tribe Road 5, then turn and travel in a westerly direction along Tribe Road 5 to Middle Road, continue in an easterly direction along Middle Road to the junction at Whale Bay Road, then travel in an easterly direction along the Railway Trail to Frank Bay and the Middle Road junction, then travel in

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

In addition, the Bermuda Police Service is hereby authorised to Close off or Open streets or portions of streets and restrict service parking as the Commissioner of Police determines. Where necessary, the Police will detour motorists towards Middle Road, and then they can travel in an easterly direction, turn on South Road, and travel in a westerly direction to their destination.

## **PwC BERMUDA HALF MARATHON/HALF MARATHON RELAY**

### **SUNDAY, JANUARY 18TH, 2026**

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

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

#### **ROADS CLOSED:**

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

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

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



10:00am.

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

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

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

**CITY OF HAMILTON CLOSURES:**

Pitts Bay/Front St. between Hamilton Princess to Spurling Hill, Court St. between Reid St. to Front St., Burnaby Hill between Reid St. to Front St., Par La Ville between Rosebank Rd. to Front St. 6:00am and 10:00am.

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

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



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