



Sunday, January 27<sup>th</sup>, 2019

NewYork-  
Presbyterian

### RUN & WALK

Lower Primary (1K route) 8.30am Start  
Primary & Middle School...Route (2.7K) 9:00am Start  
Senior students and adults...Route (5K) 9:30am Start



PROCEEDS TO THE BERMUDA HEART FOUNDATION

Sanctioned by the Bermuda National Athletics Association and supported by Mid Atlantic Athletic Club

**School Challenge:** The Primary, Middle & Senior school with the most entries will win \$500 & a plaque

**Corporate Challenge:** The Company with the most entries will win a plaque and Sportseller voucher

**Prizes include:** 2 pedal cycles from Winners Edge, Fit Bits from BF&M and Sportseller vouchers

**Individual Prizes:** 1st, 2nd and 3rd Lower Primary Girls/Boys



1st, 2nd and 3rd. Primary Girls/Boys, Middle School Girls/Boys, Senior Girls/Boys

1st, 2nd and 3rd Female 18 - 29, 30 - 39, 40 - 49, 50 - 59, 60+ and walker

1st, 2nd and 3rd Male 18 - 29, 30 - 39, 40 - 49, 50 - 59, 60+ and walker

1<sup>st</sup> B&V Female Runner & Male Runner

1<sup>st</sup> B&V Female Walker & Male Walker



RESULTS WILL BE POSTED ON [www.bermudatiming.bm](http://www.bermudatiming.bm)



**Entries:** Sign, detach and return form below along with cheques only to the Sportseller **no later than 4.45pm, Wednesday, January 23rd, 2019.**

**Online entries:** Register online at [www.racedayworld.com](http://www.racedayworld.com) up until **6.00pm January 25<sup>th</sup>, 2019**

**Entry Fee:** Primary, Middle and Secondary students - \$15.00

Adults - \$35.00

**Late entries:** \$40.00 Saturday ONLY at Butterfield & Vallis, Woodlands Road

**N.B.** Race numbers and goody bags should be picked up at Butterfield & Vallis, Woodlands Road from **10.00 a.m. and 2.00 p.m. on Saturday, January 26th, 2019**

**Race Director:** Terri Durrant at 236-6688 Ext. 416 or 335-4870



**CHEQUES SHOULD BE MADE PAYABLE TO MAAC**

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**PLEASE PRINT CLEARLY AND FILL OUT FORM COMPLETELY**

Name : (First) \_\_\_\_\_ (Last) \_\_\_\_\_ Male  Female

**IF STUDENT:** Name of School plus please state primary, middle or secondary \_\_\_\_\_

Date of Birth: (month, day, year) \_\_\_\_\_ Age on race day: \_\_\_\_\_ Email: \_\_\_\_\_

Tick One:  1K RUN  2.7K RUN  5K RUN  5K WALK  5K NON-COMPETITIVE WALK  
(Please note: **COMPETITIVE WALKERS MUST WALK the entire distance**)

Telephone number(s): (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Cell) \_\_\_\_\_

Emergency contact name & number on race day: \_\_\_\_\_

Category : (please circle) Lower Primary Primary Middle Senior 18-29 30-39 40-49 50-59 60+

**Waiver :** In consideration of your acceptance of this entry in the 2019 Butterfield & Vallis 5K Race, I hereby waive and release Butterfield & Vallis, the Bermuda Heart Foundation, Bermuda Timing Systems, the BNAA. and all race officials and other competitors from all claims from injury or damages however incurred during this race. I attest that I am fully fit for this event.

Signed: (By parent/guardian if competitor is under 21) \_\_\_\_\_

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

**PLEASE NOTE: FOR SAFETY REASONS AND IN COMPLIANCE WITH THE BNAA, STROLLERS ARE ONLY PERMITTED IN THE NON-COMPETITIVE WALK**

**T-shirts and goody bags for the first 1,000 competitors. Medals for the first 1,000 finishers.**