

BE BLOK

ENTER THE

5K

WALK & ROAD RACE



WIN 1 of 3 iPod Shuffles on Sunday, October 24, 2010

All participants receive a goody bag and will be eligible for vouchers, draws and other prizes.

Plus a \$1,000 prize to the PE Teacher with the largest number of school entries.

Free T-shirts for the first 400 finishers!

Register online at www.bermutatiming.bm OR pick up an Entry Form from ARGUS, 14 Wesley Street, Hamilton, or from the following stores:
International Sports Shop, Sportseller and Sports 'R' Us.

Juniors (1.5 miles) & walkers: 8:30 am start
Runners: 9:00 am start

Entry Fees: Adults \$25 Juniors \$5 Swan's Members \$20



Completed forms must be returned by 4:30 pm, Thursday, October 21, 2010 to any of the locations noted above. All cheques to be made payable to "Swans Running Club". This race is sanctioned by the Bermuda Track & Field Association (BTFA). Athletes must be BTFA registered to compete. Temporary registration fee for one race is \$20.

No registration fee is required for athletes under 12 – however, all athletes must fill out a BTFA registration form.

Race Director: Zina Tucker Cell: 704 7427 Email: zina@logic.bm

BE OK 5K



CRIME STOPPERS BERMUDA WALK & ROAD RACE

Sunday, October 24, 2010

Juniors (1.5 miles) & Walkers: 8:30am Start
Runners: 9:00am Start

Sponsored by
ARGUS
Insurance • Pensions • Investments
in association with Swan's Running Club

Entry Fees: Adults \$25 | Juniors & Youth \$5 | Swan's Members \$20

Register online at www.bermudatiming.bm

Entry forms available at ARGUS, 14 Wesley Street Hamilton, and at the following stores: International Sports Shop, Sportseller and Sports 'R' Us. Completed forms to be returned by 4:30 pm, Thursday, October 21st 2010 to any of the locations noted above. All cheques are to be made payable to "Swans Running Club". "This race is BTFA (Bermuda Track & Field Association) sanctioned". Athletes must be BTFA registered to compete. Temporary registration fee for one race is \$20. All athletes under 12 should fill out a BTFA registration form; however no registration fee is due.

Race Director: Zina Tucker Cell: 704 7427 – Email: zina@logic.bm

Race numbers should be picked up on Saturday, October 23rd between (12 noon and 2 pm) at the Argus Building.

No late entries on race day.

Awards & Prizes *Everyone who participates will be eligible for vouchers draws and other prizes.*

Everyone who takes part will be eligible to win one of 3 iPod Shuffles.

Free T-shirts for the first 400 finishers!

Trophies/Prizes for Top Three Male and Female Finishers in each of the following categories:

Walkers Junior (8-11yrs) Junior (12-15yrs) Youth (16-18yrs) Open Master Senior

General Description of 5k Course *(Marshals on duty)*

Assemble at the Argus Building, 14 Wesley Street, heading south, turn right on to Church Street, turn left onto Par-la-Ville Road, left to Front Street, along Front Street to Crow Lane around the roundabout, back along Front Street to Pitts Bay Road, make an about turn on Pitts Bay Road in front of the Bacardi Building, left onto Bermudiana Road, right turn onto Church Street, left onto Wesley Street to Finish Line in front of Argus Building.

Cut Here

Entry Form (please print)

Name _____ Age _____ Date of Birth mm / dd / yy _____

Address _____

Phone (H) _____ (W) _____ Email _____

Next of Kin _____ Emergency Contact # _____ Entry Fee Enclosed: \$ _____ BTFA Registered? No Yes

Category (please check) Male Female Junior 8-11 Junior 12-15 Youth 16-18 Walker Runner

School _____ Name of PE Teacher _____ Email _____

"I, the undersigned, hereby waive and release the Swan's Running Club, Bermuda Timing Systems, and The Bermuda Track and Field Association and any of its Officials and Sponsors for any claims or damages sustained to me or by me for any injuries to me during this event.

Date _____ Signature _____

(Parent/Guardian to sign for under 18)