

# R.M.S. CONSTRUCTION



WASHINGTON MALL • HAMILTON HM11 • BERMUDA



SKB Coatings Ltd

## R.M.S. CONSTRUCTION 8<sup>th</sup> ANNUAL 20K / 10K ROAD RACE

Organized by *Mid Atlantic Athletic Club* & Sanctioned by *Bermuda Track & Field Association*

**SUNDAY APRIL 25<sup>th</sup>, 2010**

**\*\*\*\*\*START TIME: 8:30 AM\*\*\*\*\***

### ROUTE:

- START AND FINISH AT B.A.A.
- EACH LOOP COURSE = 10K

•SERPENTINE ROAD—COX'S HILL—NORTH SHORE TO  
BARKER'S HILL ROUNDABOUT— UP PALMETTO ROAD—  
MARSH FOLLY ROAD—ST. JOHN'S ROAD—WOODLANDS  
ROAD—BAA

### •PERFECT LAST LONG TUNE UP RACE FOR MAY 24<sup>TH</sup>

- SEE WHERE YOU ARE AT !

•REFRESHMENTS AT FINISH – FRESH PASTRIES & FRUIT  
JUICE

### •Quality running jersey to first 225 entrants

Race director – Dannielle Bezant – 295-0688

**Entry Fee: MAAC Members - \$ 20.00**  
**Regular entry - \$ 25.00**  
**Late entry - \$ 30.00**

Register online at [www.maac.bm](http://www.maac.bm) or fill out  
section below – please note MAAC Gold  
Members should still register (at no cost)

**Deadline for entries is 5:00 pm Friday April 23<sup>rd</sup>**

**Drop off entries at: Sportseller**

**Number pickup and late entry at Sportseller – Saturday April 24<sup>TH</sup> – 12 – 2 pm Only**

For results – [www.maac.bm](http://www.maac.bm)

### PRIZES FOR 20K ONLY:

**MAJOR OVERALL PRIZES 20K (4)**

**OPEN – UNDER 40 (MALE & FEMALE)**  
**MASTERS – OVER 40 (MALE & FEMALE)**  
**(Must be Bermuda Resident)**

**Travel Vouchers**

### And prizes for 20k & 10K :

- Male and Female Junior (1<sup>ST</sup>, 2<sup>ND</sup>, & 3<sup>RD</sup>) - 18 and under
- Male and Female Open (2<sup>ND</sup> & 3<sup>RD</sup>) - 19 to 39
- Male and Female Master (2<sup>ND</sup> & 3<sup>RD</sup>) - 40 to 49
- Male and Female Senior Master (1<sup>ST</sup>, 2<sup>ND</sup>, & 3<sup>RD</sup>) - 50 to 59
- Male and Female Veteran (1<sup>ST</sup>, 2<sup>ND</sup>, & 3<sup>RD</sup>) - 60 and over

### ALL RUNNERS GRAND RAFFLE PRIZE

Runner must finish and be present at draw

**Travel Voucher**

### VOLUNTEER RAFFLE PRIZE

(Confirmed volunteers only)

[dkb@northrock.bm](mailto:dkb@northrock.bm)

**Travel Voucher**

### PLUS MANY MORE RAFFLE PRIZES

**Gift certificates \* Massages \* Dinner vouchers \***  
**\* Lunch vouchers \***

Name (Please print) \_\_\_\_\_ Male / Female \_\_\_\_\_ E-mail \_\_\_\_\_

Age on Race Day \_\_\_\_\_ DOB (mm/dd/yy) \_\_\_\_\_ BTFA # \_\_\_\_\_ (Must be a BTFA registered athlete)

Entry Fee: MAAC Member - \$ 20 \_\_\_\_\_ Regular Entry - \$ 25 \_\_\_\_\_ Late Entry - \$ 30 \_\_\_\_\_

**Correct cash or cheques only (RMS Construction)**

**PLEASE CIRCLE:                    20K                    10K**

Emergency Contact and phone number \_\_\_\_\_

Waiver: In consideration of my acceptance of this entry I hereby waive and release any and all rights and claims for any damages I may have against RMS Construction Ltd. and their employees, BTFA, MAAC, Bermuda Timing Systems and their officials, race officials, other participants and all sponsors for any and all injuries sustained by me as a result of my participation in this race.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_