



Cave Shepherd & Co

RUN BARBADOS
MARATHON WEEKEND
DEC 7-9 2018

Come for the RUN... Stay for the FUN!

ONLINE ENTRIES ARE OPEN | ENTER A CHALLENGE (3 RACES)

REGISTER TODAY | www.runbarbados.org

RACE EVENTS

2018 AGENDA

Friday Dec. 7

'All you can Eat' Pasta Buffet
from 7pm
Signia Fun Mile Races: 8pm

Saturday Dec. 8

Cave Shepherd VISA Credit Card
5K: 4pm
Ganzeer 5K Walk: 4.02pm
Colombian Emeralds International
10K: 4.45pm

A great time to celebrate your Running achievements with friends, family and other runners.

The choice of races around the world is endless but the Run Barbados event has distinguishing characteristics that can provide the experience of a lifetime. The friendly local culture, the sheer beauty of the island and the marathon course that is both scenic and historic.

Combine these sights with the sounds of steel pan, the local "tuk bands" and the highly appreciative local spectators and you have yourself an unforgettable memory.

Sunday Dec. 9

Cave Shepherd Marathon: 5am
Fortress Half Marathon: 5am
All events start and end at the
Bay Street Esplanade

Sunday Dec. 9

Run Barbados After Party at the
Harbour Lights Night Club from 5pm.



RACE SPONSORS

The race calendar now features the Cave Shepherd & Co. Marathon; the Fortress Half Marathon; the Colombian Emeralds International 10K; the Cave Shepherd Card 5K; the Signia Fun Mile and the Ganzee 5K "Walk for Charity" This partnership arrangement includes access by the RBMW team to the group's large international database.

TITLE SPONSORS



GOLD SPONSORS



PRIZES

CHALLENGE MEDALS

Gold Challenge

Run the Fun Mile, 10K and Marathon and receive a special commemorative gold medal.

Silver Challenge

Run the Fun Mile, 10K and 1/2 Marathon or the Fun Mile, 5K and Marathon and receive a special commemorative silver medal.

Bronze Challenge

Run the Fun Mile, 5K and 1/2 Marathon and receive a special commemorative bronze medal.

Signia

Fun Mile Walk / Run Friday Dec. 7th 8pm

All Finishers will receive a Commemorative Medal.

- 1st– 3rd place Medals & Sponsors Prizes for Male / Female in all 5 races
- 1st place Barbadian / Resident Male & Female will also receive a Free Return ticket to the US compliments of our sponsor JetBlue
- 1st– 3rd place Medals for Wheelchair competitors

There will also be Sponsors prizes for the following Categories:

- Most original costume
- Best Dressed Couple
- Best Dressed group of 5 or more people

Colombian Emeralds International

10K Run Race Saturday Dec. 8th 4.45pm

All Finishers will receive a Commemorative Medal

Prize Money Open:

- 1st Place Male & Female Bds\$1,000 each + Return Airfare & Hotel for 2019 event
- 2nd Place Male & Female Bds\$800 each
- 3rd Place Male & Female Bds\$600 each

Prize Money & Sponsor Prizes For Residents of Barbados:

- 1st Place Male & Female Bds\$500 each
- 1st place Barbadian / Resident Male & Female will also receive a Free Return ticket to the US compliments of our sponsor JetBlue
- 2nd Place Male & Female Bds\$300 each
- 3rd Place Male & Female Bds\$200 each

PRIZES

Medals:

- 1st – 3rd place Medals for Male / Female Open Category overall
- 1st – 3rd place Medals for Male / Female Residents Category overall
- 1st – 3rd place Medals for Male / Female 24 and under
- 1st – 3rd place Medals for Male / Female 25 - 34 years old
- 1st – 3rd place Medals for Male / Female 35 - 44 years old
- 1st – 3rd place Medals for Male / Female 45 - 54 years old
- 1st – 3rd place Medals for Male / Female 55 - 64 years old
- 1st – 3rd place Medals for Male / Female 65 and over
- 1st - 3rd place Medals for Wheelchair competitors
- 1st Place Wheelchair competitor Bds\$500
- 2nd Place Wheelchair competitor Bds\$300
- 3rd Place Wheelchair competitor Bds\$200

Cave Shepherd Card

5K Run Saturday Dec. 8th 4pm

All Finishers will receive a Commemorative Medal

- 1st – 3rd place Trophies for School Teams
- 1st – 3rd place Trophies for Corporate Teams
- 1st – 3rd place Medals for Male / Female Open Category overall
- 1st place Barbadian / Resident Male & Female will also receive a Free Return ticket to the US complements of our sponsor JetBlue
- 1st – 3rd place Medals for Male / Female 24 and under
- 1st – 3rd place Medals for Male / Female 25 - 34 years old
- 1st – 3rd place Medals for Male / Female 35 - 44 years old
- 1st – 3rd place Medals for Male / Female 45 - 54 years old
- 1st – 3rd place Medals for Male / Female 55 - 64 years old
- 1st – 3rd place Medals for Male / Female 65 and over

Fortress

Half Marathon Sunday Dec. 9th 5am

All Finishers will receive a Commemorative Medal

Prize Money Open:

- 1st Place Winner, Male & Female Bds\$2,000 each + Return Airfare & Hotel for 2019 Festival
- 2nd Place Open Winner Male & Female Bds\$1,500 each
- 3rd Place Open Winner Male & Female Bds\$1,000 each

Prize Money & Sponsor Prizes For Residents of Barbados:

- 1st Place, Male & Female Bds\$1,000 each
- 1st place Barbadian / Resident Male & Female will also receive a Free Return ticket to the US complements of our sponsor JetBlue
- 2nd Place, Male & Female Bds\$800 each
- 3rd Place, Male & Female Bds\$600 each

Medals:

- 1st – 3rd place Medals for Male / Female Open Category overall
- 1st – 3rd place Medals for Male / Female Residents Category overall
- 1st – 3rd place Medals for Male / Female 24 and under
- 1st – 3rd place Medals for Male / Female 25 - 34 years old
- 1st – 3rd place Medals for Male / Female 35 - 44 years old
- 1st – 3rd place Medals for Male / Female 45 - 54 years old
- 1st – 3rd place Medals for Male / Female 55 - 64 years old
- 1st – 3rd place Medals for Male / Female 65 and over

EVENT RULES & GUIDELINE

- Participants must follow instructions as given from all event officials including race staff, volunteers, medical personnel, fire and police officials, throughout the duration of the event.
 - All participants are expected to conduct themselves in a professional and courteous manner towards the community and their fellow participants during their participation in the event. This means, for example, alcohol consumption, urinating or defecating in public except in designated toilet facilities, participant obstruction anywhere on or near the course shall be strictly prohibited unless facilitated by the event.
 - Every participant shall be provided with an event bib number, which shall be conspicuously worn on the front of the participant's outermost layer during the event. The event bib number is to be worn as issued. No participant shall be permitted to participate in the event without the appropriate bib number.
 - The use of music devices (e.g. iPods), cell phones, cameras or similar devices by participants while in the event is allowed, but participants are asked to use their discretion so as not to disturb other runners.
 - For the safety and enjoyment of all event participants, the courses are restricted to registered runners/walkers, wheelchair division participants and official race personnel only.
 - No dogs, no strollers, no baby joggers, no bikes, no inline skates, no roller skates, and no wheeled vehicles (other than registered wheelchair and official Bike EMS and Patrol Teams) should be allowed on the 10K, half marathon and full marathon courses.
 - The sole responsibility of knowing and following the course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason.
- The following items are not allowed in the races:
- No Pets
 - No Coolers
 - No Glass
 - No Alcohol
- Your cooperation and patience are appreciated.
- Do not give your number to anyone else. You are recorded in the database with your age, gender, etc. for awards purposes. Giving your number to someone else will create errors.
 - Wear your bib on the front so it can be seen by race officials. Make sure it is securely attached and the timing chip is on the back.
 - Line up according to your ability. If you are running 10 plus minute miles then you should not be in the front as you will interfere with faster runners and potentially cause an accident.
 - Medical personnel authorized by the event to do so may examine any participant who appears in distress. If in the sole opinion of authorized medical personnel it is in the best interest of the participant's health and welfare, medical personnel may remove a participant from the event.
- Try not to stop at a water station. Take your cup and keep moving or move to the side. Allow runners behind you to get their water.
 - Only runners who are signed up with a legitimate race number should go through the finish chute. Non-registered friends must not run through with you – especially children as it could be dangerous with runners sprinting to the finish. They can cheer for you on the side and meet you beyond the finish chute. Non-registered runners going through the finish chute can result in time recording problems.
 - Keep moving after you finish. Slow down to a jog or walk. Do not wait for your friends in the chute as it will back up and cause a safety hazard.
 - Minimum Age Requirements: 10K - 13 years old; Half Marathon - 15 years old; Marathon - 17 years old
 - For all Run Barbados races, participants under 18 years of age must have a statement signed by a parent or legal guardian permitting participation.
 - Event officials reserve the right to delay, cancel or suspend the race due to inclement weather in accordance with Emergency Protocol on severe emergencies and/or weather.

RUNNERS DETAILS

LOCATION:

All events start and end at the Bay Street Esplanade, except the Fun Mile which starts at the Barbados Museum and ends at the Esplanade.

MINIMUM AGE REQUIREMENTS:

10K: 13 years old

Half Marathon: 15 years old

Marathon: 17 years old

ENTRY DEADLINE FOR ALL RACES:

Midnight on Tuesday November 28th is the deadline for Race Entry to all 2017 Run Barbados Marathon Weekend races. No entries will be accepted after this date.

ENTRY DEADLINE FOR 5K CHARITY WALK:

Walkers can register for the 5k Walk for Charity up until Friday Dec. 1st at 6pm. Registration between Monday Nov. 27th - Friday Dec. 1st will be at the Kit Collection site at South Beach Hotel, see times below. A portion of the entry fee for this walk is donated to the Heart & Stroke Foundation of Barbados. (Learn about the crucial role of the Foundation here: <http://www.hsfbarbados.org>).

ENTRY FEES:

See Entry fees page for full list.

ENTRY FORMS (Registration):

All entries on or before September 30th must be done via this website. From October 1st the designated box offices will be open for registration. These are Cave Shepherd Broad St., Vista and Sheraton as well as Pages Bookstore in Massy Supermarket Warrens.

From October 1st - November 28th participants can either enter via website or at a designated box office.

PRIZES:

Run Barbados is the richest race in the Caribbean, offering more prize money than any of our competitors.

Have a look at our 'Prizes' page for all the details.

RACE KIT COLLECTION:

Tuesday Nov. 28th - Friday Dec. 1st: South Beach Hotel, Rockley, Christ Church.

In the Lincoln Conference Room. Entrance from Hotel Lobby or use side entrance from road adjacent to Quayside Centre (look for the banner).

Times: Tuesday Nov. 28th - Thursday November 30th 12pm - 7pm
Friday Dec. 1st 10am - 2pm at South Beach Hotel and from 5pm - 7pm at the Bay St. Esplanade (Race site). Runners arriving in Barbados close to race time will be given special permission to collect their kits at race site. Contact us via our email address to confirm arrangements.

RACE KITS:

All participants will be given their personal Race kit which includes a T-shirt, Bib, timing chip and other goodies. For timed races the Bib will have a timing chip on the back. Runners must produce proof of entry in order to collect their kit.

SANCTIONING:

The Run Barbados Marathon Weekend races are sanctioned by the Association of International Marathons and Distance Races, also known as AIMS.

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