



SUNSHINE INSURANCE  
**THE PINK RUN 5k**

January 14, 2024  
Western Esplanade  
6:45 am



# PARTICIPANT GUIDE

# 2024



The big day is fast approaching!  
We've got you covered with everything you need to know for your race.

**WELCOME to the 11<sup>th</sup> THE PINK RUN 5k**  
(formerly Bahamas Race for the Cure)

## BENEFICIARIES

**Princess Margaret Hospital Foundation**



Princess Margaret Hospital Foundation



Sister Sister Breast Cancer Support Group



**THE CANCER  
SOCIETY OF  
THE BAHAMAS**

Cancer Society of The Bahamas



**THE CANCER  
SOCIETY OF  
THE BAHAMAS  
GRAND BAHAMA**

Cancer Society of The Bahamas Grand Bahama

## RACE WEEK SCHEDULE

### **Saturday, January 13**

Packet Pickup

**Location: Sunshine Insurance House**

One J.F.K

Off John F. Kennedy (6-legged highway)

3:00 pm - 7:00 pm

### **Sunday, January 14**

- 5:45 am** Onsite Registration opens
- 6:30 am** Registration closes
- 6:40 am** National Anthem
- 6:45 am** 5k Start
- 6:55 am** Starting line closes
- 8:15 am** Survivors Ceremony
- 8:40 am** Awards
- 8:45 am** Prizes

*"It's about focusing on the fight and not the fright."  
-Robin Roberts*

## PACKET PICK UP

### IMPORTANT INFORMATION

**\*\*PHOTO ID REQUIRED\*\***

If you are picking up a packet for another person, you **MUST** have a picture or physical copy of their photo ID. No exceptions.

Packets will be distributed by event and the first letters of your surname. Designations are hung above the packet pickup area.

### PACKET INCLUSIONS:

- Bib
- Safety pins
- Race Shirt
- Drawstring bag

### INFORMATION VERIFICATION

Please be sure to verify the information on your bib label is accurate. If not, please make contact with a Pink Run staff at packet pickup.

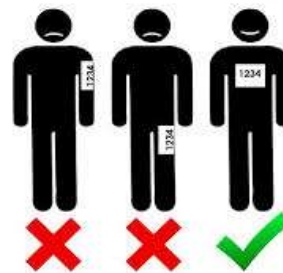
### RESULTS

Want accurate event results? Wear your bib properly and do not tamper with the B-tag.

### CHRONOTRACK B-TAG TIMING (BIB TAG)

Do **NOT** remove the B-Tag from your race number. Please leave the B-Tag on the back of your race number and pin your race number on the front of your shirt.

WANT TO GET YOUR **RESULTS?**



WEAR YOUR BIB **CORRECTLY!**

*"Every woman needs to know the facts.  
And the fact is, when it comes to breast cancer,  
every woman is at risk."  
-Debbie Wasserman Schultz*

## RACE DAY

### **PARKING**

Adequate parking is available at Fort Charlotte (between Cricket Club, Chippingham Road and the side streets) for all participants.

Plan on arriving early as the streets will be closed from 5:00 am to accommodate the marathon.

There will be specific crossing areas from Fort Charlotte to Western Esplanade so as not to interfere with the clear running passage of the marathoners. These will be manned by the Royal Bahamas Police Force.

Late arrival may result in your having to take the back roads to the Fort, may be delayed from crossing Bay Street to the Esplanade and missing the starting gun.

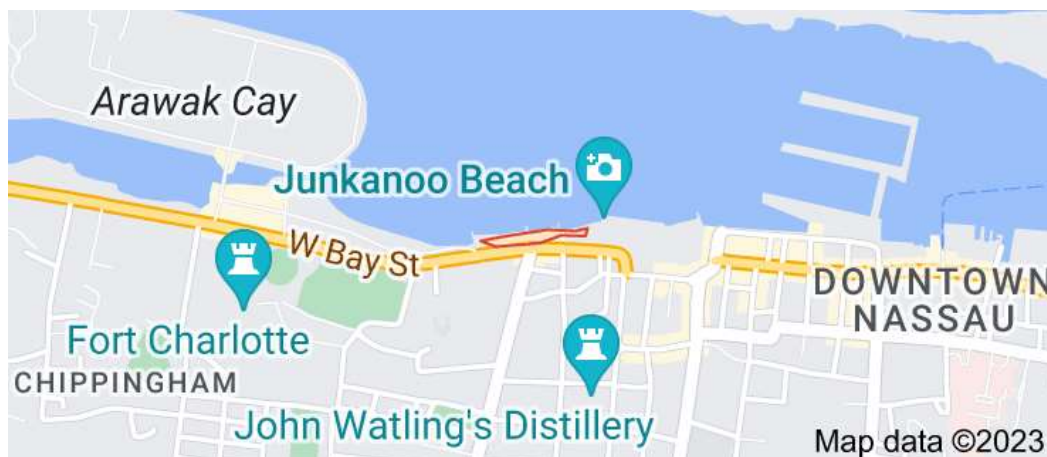
### **RACE START**

**6:45 am (sharp)**

## RACE LOCATION

The 11<sup>th</sup> running of The Pink Run 5k will start at the Western Esplanade, Bay Street. Western Esplanade is a popular beach with the locals as well as tourists and has an incredible view of the arriving cruise ships going to Nassau harbor.

Western Esplanade is two miles southwest of Paradise Island, three miles east of Cable Beach and an easy walk from downtown.



*"Attitude is a little thing that makes a **BIG** difference."*  
-Winston Churchill

## RACE COURSE

The new flat course is suited for runners and walkers, is family oriented and engenders camaraderie.

The 5K starts at Western Esplanade heading east through downtown Nassau via Woodes Rodgers Wharf and existing on Parliament Street to Bay Street with a turnaround at Christie Street and continuing on Bay to the eastern entrance of Western Esplanade for a dramatic oceanfront finish.

[CLICK HERE TO VIEW RACE COURSE](#)

### COURSE INFORMATION

Mile markers will be placed at every mile

There will be two water stops (Rawson Square)

Participant verification will be at the turnaround point

Strollers are allowed on the course but must be at the rear. **NO EXCEPTION.**

Walkers are **NOT** allowed at the front of the starting line.

This is for the safety of all.

**THE PINK RUN 5k** and **MARATHON BAHAMAS** (marathon, half marathon and relay) will be sharing the same course from Christie Street to entrance of Western Esplanade.

Heading east on Bay, you must stay to the left (north) of the cones. Returning west, you must stay to the left of the barricades. You are now allowed to cross over the barricades and go to the southern side of Bay and restrict the free movement of the marathoners. There will be course marshals along this area to enforce this rule.

Please cheer the returning marathoners – get them excited and fired up....they will still have another 20 – 22 miles to run.

### MEDICAL/RECOVERY SUPPORT

If one is in need of medical assistance, please notify any volunteer and they will help you in obtaining medical assistance.

A medical tent will be at the finish line.

### PORT-O-JOHNS

Portable toilets will be available at the start/finish line.

*"I Have Cancer, Cancer Doesn't Have Me!"*  
-Marco Calderon

## **RACE VILLAGE**

### **FINISH LINE**

Finishers will be presented with their finisher's medal along with bottled water as they enter the chute to the left. Keep walking through the chute so as not to prevent other finishers clear passage through the area.

### **RUNNERS' REFRESHMENTS**

Refreshments will be available at Race Village.

### **VENDORS**

At Race Village, there will be numerous vendors displaying, selling, sampling, and distributing their services and products. Please patronize their stalls/tents.

### **ENTERTAINMENT**

At Race Village, there will be live performances by: Novie, Nishe L.S., Donrika, and lots more.

### **SURVIVORS CEREMONY**

The cure for breast cancer begins with you. Together, we can save lives. When it comes to the disease, you never know when and how you will be affected, which is why it's so important to unite as a community to honor our survivors, raise awareness and raise money.

By participating in The Pink Run 5k, you show everyone whose life you are running for. It is a wonderful way to honor your mother, father, sister, wife, husband, child, coworker or friend. You may even be running for your own life.

The survivors are the **HIGHLIGHT** of THE PINK RUN 5K.

Ceremony begins at 8:15am

*"No matter what the statistics say **there is always a way.**"*  
-Bernie Siegel



## RUNNER RESULTS

**THE PINK RUN 5k** will be utilizing a single-use bib tag – that records each runner's official time. In order to receive accurate timing, please make sure your bib is:

- Clearly visible in front of your torso
- Unaltered and unmodified (do not fold or wrinkle)
- Pin in all four corners
- Not covered (jackets, runners belt, water bottle, etc)
- No activation of the device is necessary

Race results will be posted online at [MarathonBahamas.com](http://MarathonBahamas.com)

Overall awards will be based on gun time and the masters and age group awards will be based on **net time**. **YOUR TIME DOES NOT START UNTIL YOU CROSS THE STARTING MAT.**

*There will be a tent, at Race Village, and on stage with a QR code for you to obtain your results.*

## AWARDS

Overall male/female; master male/female; overall survivor winners will be awarded their awards

Age-group winners will be directed to a tent to receive their award

**TEAMS AWARDS** will be announced immediately after the overall results.

- Largest Team
- Most Energetic Team
- Most Creative Team

**Please note:** We will **not** hand out awards before the official awards ceremony.

If you need to leave before the ceremony and believe you won an award, you can collect at Sunshine Insurance, East Shirley Street from January 16 – 19.

*“Everything will be **OK** in the end”*

## PRIZES

The Pink Run 5k has secured some incredible, coveted hotel prizes including:

- a three-night stay at Warwick
- a three-night stay at Breezes
- a three-night stay at British Colonial
- a three-night stay at RIU
- a two-night stay at The Cove
- a two-night stay at Island House \$50 property credit
- a two-night stay at Best Western

### The **GRAND PRIZES:**

- **A three-night stay at Grand Isle, Exuma**
- **A two-night stay at Sandals, Emerald Isle, Exuma**
- **A two-night stay at Four Seasons Ocean Club + breakfast, Paradise Island**

### RESTAURANT PRIZES

- **Wild Thyme**
- **Latitudes**
- **Aquafire**

Prizes will be raffled off at the end of the event.

To be eligible, you must tear off the 'prize' tab off your bib and place in the raffle box. **You must be present to win!**

### PLEASE PAY SPECIAL NOTE

**After your race and you are trekking over Bay Street to Fort Charlotte, marathon participants will be on the course heading to the finish line. BE VIGILANT **NOT** TO OBSTRUCT THEIR PASSAGE.**

Bay Street (Nassau Street to Columbus Cove) will still be closed to vehicular traffic. You will have to utilize the back roads.

*"Sometimes little acts of self-care and self-understanding **make all the difference.**"*



## PRESENTING SPONSOR



Sunshine Insurance (Agents & Brokers) Ltd is a leading insurance broker in The Bahamas and a wholly-owned subsidiary of Sunshine Holdings Limited (SHL). Sunshine Insurance was established in 1994. Since 2003, Sunshine Insurance has been the local correspondent in The Bahamas for Marsh, the global leader in insurance broking and risk management. In the beginning, satisfying the holding company's insurance needs was the core of the business. However, Sunshine Insurance business rapidly expanded into the local market and strong ties were formed with both local and overseas insurance providers.

Sunshine Insurance proudly represents top-rated insurance companies to provide superior commercial, medical and life insurance solutions for its customers.

Sunshine has three locations in Nassau: Shirley Street, Carmichael Road and John F. Kennedy Drive.

Shirley Street, Carmichael Road  
& JFK Locations

**VISIT US**

**Monday-Friday  
9am-5pm**



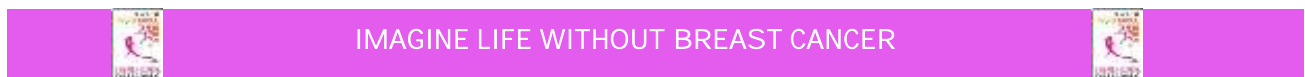
**SHIRLEY ST - CALL 502-6500 | WHATSAPP 357-8853**  
**CARMICHAEL - CALL 322-3511 | WHATSAPP 424-3019**  
**JFK - CALL 603-0011 | WHATSAPP 544-2752**  
**E-MAIL INFO@SUNSHINE-INSURANCE.COM**  
**VISIT WWW.SUNSHINE-INSURANCE.COM**

 SunshineInsuranceLtd



# THANK YOU!

Special thanks to all our partners for making The Pink Run 5k so memorable.



## PLATINUM



## GOLD



## SILVER



## BRONZE



## VOLUNTEERS

# WORDS ARE NOT ENOUGH!

## HOTELS

Atlantis, Paradise Island

Best Western

Breezes

British Colonial

Comfort Suites

Four Seasons Ocean Club

Goldwyn

Grand Isles

Island House

Margaritaville

RIU

Sandals Royal Bahamian

Warwick