



SUNSHINE INSURANCE MARATHON BAHAMAS

Marathon | Half | Relay
January 14, 2024
Western Esplanade
6:00 am



PARTICIPANT GUIDE



The holidays are over, you are in a tapering mode and it's almost time for a new celebration – your completion of an event in the Marathon Bahamas Race Series.

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

WELCOME to the 14th MARATHON BAHAMAS

BENEFICIARIES

<p>Princess Margaret Hospital Foundation</p>  <p><u>Princess Margaret Hospital Foundation</u></p>	 <p><u>Sister Sister Breast Cancer Support Group</u></p>
 <p>THE CANCER SOCIETY OF THE BAHAMAS</p> <p><u>Cancer Society of The Bahamas</u></p>	 <p>THE CANCER SOCIETY OF THE BAHAMAS GRAND BAHAMA</p> <p><u>Cancer Society of The Bahamas Grand Bahama</u></p>

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

Organized return transportation will be available to:

- Cable Beach Hotels (Sandals, Goldwynn, and Grand Hyatt) at \$10 per person
- Atlantis Coral Towers, Paradise Island at \$12 per person

Sunday, January 14

4:45 am	Bus pickup at Grand Hyatt and Atlantis Coral Towers Drop off at Chippingham/ Bay Streets
5:00 am	Gear Check opens Race Village beachside
5:50 am	National Anthem
6:00 am	Marathon, Half and Relay starts
6:10 am	Starting line closes
Noon	Course closes

RACE LOCATION

The 14th running of Sunshine Insurance Marathon Bahamas 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 Harbour.

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



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.

THERE IS NO REGISTRATION OR PACKET PICKUP ON RACE MORNING

PACKET INCLUSIONS:

- Bib
- Safety pins
- Technical 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 Marathon Bahamas staff at packet pickup.

REGISTRATION

If spots are available, you can register at Packet Pick Up.

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.

The marathon and half marathon courses are IAAF and AIMS certified courses.

Your results from this incredibly beautiful, flat marathon course can be used as a **BOSTON QUALIFIER**.

Marathon Bahamas is a qualifying event for the Abbott World Marathon Majors Wanda Age Group Championships.

RACE DAY

PARKING

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

Plan on arriving early as the streets will be closed from 5:00am. Late arrival may result in your having to take the back roads to the fort and missing the starting gun.

TRANSPORTATION

4:45 am

Pick up from Atlantis Coral Towers, Grand Hyatt

9:15 am, 10:45 am, 12:00 noon

Return Transportation to Atlantis Coral Towers, Grand Hyatt

*Pick up is same spot as drop off: Chippingham and Bay Streets
One-way or round-trip bus tickets can be purchased at Packet Pick Up*

RELAY TEAMS

#3 – Seabeach Boulevard West...13.1;

#4 – Cave's Heights...30k

5:30 am

Depart from Chippingham and Bay Streets for relay exchange 3 and 4

8:30 am, 9:15 am, 10:15 am

Transport from entrance of Seabeach Boulevard (west entrance)

Relay exchange #3 (walk west to next corner – one block)

Relay exchange #4 (walk east to next corner – four blocks)

RACE START

6:00 am

GEAR CHECK/PICK UP

5:00 am - noon

Please use the perforated label, from your bib, and attach it to your drawstring bag. The gear check area is on the north western end of beachside.

ABSOLUTELY NO BACKPACKS OR COOLERS WILL BE ACCEPTED

RACE COURSE

The new course is flat, fast and furiously scenic making for the possibility of PRs!

The marathon starts at Western Esplanade heading east through downtown Nassau via Woodes Rodgers Wharf and existing on Parliament Street to Bay Street. Route continues east to Montagu Beach (exit) making a turnaround at Montague Beach (entrance). The course loops west returning to downtown and hugging the northern shores of Cable Beach, Delaporte and West Bay Street with the turnaround at Columbus Cove. The dramatic finish is via the eastern entrance of Western Esplanade – oceanfront!

With the exception of the Saunders Beach roundabout, all roundabouts are on the northern shoreline. There will be barricades, signage and marshals along the course for guidance.

[CLICK HERE TO VIEW RACE COURSE](#)

The half marathon route mirrors the marathon with the turnaround at the eastern wing of Grand Hyatt.

RELAY EXCHANGES

#1. Marriott Courtyard (10k)

Completion of the first leg participants will be two blocks west from the finish line.

#2. Seabeach Boulevard (west of SunFun Resort (13.1)

#3. Cave's Heights (30k)

COURSE INFORMATION



Splits and clocks will be along the course.

Clocks will be displayed at each timing split site.

Each mile will be marked along the course.

HYDRATION STATIONS


Stations will be set up at the start and finish lines and throughout the breath of the course starting at mile #2.

 and  will be at every mile. GU brand gels will be available at mile #10 for half marathon and miles #12 and #22 for the marathoners.

SPONGE STATIONS

Sponges will be available at 19.5 miles.

PORT-O-JOHNS

Portable toilets provided by  will be available at the start/finish line, and additional locations along the course.

COURSE TIME LIMIT (6 hours)

A 13.40 minute per mile pace must be maintained for all athletes in the marathon to complete the event in the allotted six hours.


As a courtesy to runner participants, please do not walk more than two abreast so that runners can easily pass.

Strollers, bicycles, dogs and other unauthorized vehicles are **not** permitted on the course. Bicycles, etc. used to pace or support a runner will result in the runner being disqualified.

MEDICAL/RECOVERY SUPPORT

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

There will be three medical tents along the course: mile #7.5, mile #11, mile #14 and returning at the same locations.

The main medical tent will be at the finish line and will be manned by personnel from .

EMERGENCY CONTACT INFORMATION


Write your full name, emergency contact information, and any allergies or health conditions you have on the back of your race bib. Please be sure to print information clearly.

RACE VILLAGE


THE PINK RUN 5k

THE PINK RUN 5k will be celebrating their accomplishment at the same time as Marathon Bahamas (park side) 6:45 – 9:00 am. Please feel free to visit Race Village 5k and enjoy the entertainment, celebration, vendors offerings and camaraderie.

PHYSIOTHERAPY SERVICES

For those requiring physiotherapy services,  Physiotherapy will be providing services, at the finish line, at the recommendation of the medical team.


FINISH LINE

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

RUNNERS' REFRESHMENTS

Refreshments will comprise of **DUNKIN'** bagels, bananas, rice cakes, peanut butter cookies, fruit chews and ice cold  (local beer). **Must be 18!**

Marathon Race Village is oceanside!

Grab a chair, a , carbs and enjoy the natural therapy of an ocean bath. Know of a better way to celebrate after a long haul?

INFORMATION SERVICES

At Race Village, there will be an information tent staffed with knowledgeable personnel who can direct you or assist with any queries such as transportation, awards, timing, etc.

RACE DAY RUNNER RESULTS

Marathon Bahamas will be utilizing a single-use bib tag – that records each runners 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)
- Pinned 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. As participants achieve specific splits along the course, their times will be updated accordingly.

Overall awards will be based on gun time and the masters and age group awards will be based on net time.

There will be a tent, at Race Village, with a QR code for you to obtain your results. The QR code will also be placed on the stage.

MEDALS AND CERTIFICATES

Each finisher will receive a customized medal for their specific event.

The first, second, and third relay leg will receive their medals at the exchanges. Final relay leg will receive their medal at the finish line. The last relay finisher must return the batons at the finish line.

Completion certificates will be available shortly post-race.

AWARDS CEREMONY:

Half Marathon

10:00 am



Overall male/female; master male/female winners will receive conch shells
Cowbells will be awarded to the half marathon age-group winners

Marathon

10:45 am

Overall male/female; master male/female winners will receive conch shells
Conch shells will be awarded to the marathon age-group winners

Relay

11:15 am

Male, female and mixed teams winners will receive cowbells

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, please complete the [Awards Redemption Form](#) and mail with check for award to be mailed.

For residents, you can collect your award from Sunshine Insurance, East Shirley Street from January 16, 2024.

PRIZES

Marathon Bahamas has secured some incredible, coveted hotel prizes including:

- a three-night stay at Margaritaville
- a three-night stay at Comfort Suites
- a three-night stay at The Cove
- a three-night stay at Atlantis Royal Tower
- a two-night stay at Goldwynn

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!

FINALE

Marathon Bahamas will end with its traditional Junkanoo jumpin’/rushin’! Excitement, pulsating with the sounds of goat skin drums, whistles and cowbells. Not to be missed! Stick around to experience a special treat.



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**



Local Knowledge - Global Reach

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 Marathon Bahamas so memorable.

Running Is... Better In The Bahamas

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