

# WALK+ RUN<sup>20</sup>/<sub>24</sub>

## #FeelTheHeartBeat



### BRING YOUR OWN BOTTLE!

we have limited cups available. water and iced tea will be provided.



### ENROLL TO APP

Download the 'Aruba Bank Walk & Run' app to view live results. (Live en Purpura)



## ROUTES & START TIME 6:30 PM

**DAY1** Paradera DriveThru Center

**DAY2** Joe Laveist (San Nicolas)

**DAY3** Plaza Deto Varis (Sta. Cruz) - <sup>New</sup>

**DAY4** Aruba Bank Camacuri Branch



### MEDAL CATEGORIES

Top 5 of the following categories will receive a medal <u>20 | 21 - 24 | 25 - 29 | 30 - 34 | 35 - 39 | 40 - 44 | 45 - 49 | 50 - 54 | 55 - 59 | 60+</u>  
(These top 5 exclude those who already win in the overall top 5)



### TOP 5 OVERALL

The top 5 best net times between male and female throughout the 4 days will receive cash prizes. Also, a random winner for 4 day participation will be selected.



### TEAM EFFORT

To register and form a team, you must have 5 participants, including at least 2 females. We will calculate the combined best net times of the fastest 4 participants over the 4 race days. The top 3 teams with the best combined times will win cash prizes.



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- 1.** The Aruba Bank 4-Day Walk & Run will be held on dates **May 20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup>, and 23<sup>rd</sup>, 2024**. The Walk & Run starts at exactly 6:30 p.m. on all 4 days.
- 2.** **Start and finish locations are as follows:** Day 1- Paradera Drive Thru Center 5.25 Km | Day 2- San Nicolas (Joe Laveist) 5.5 Km | Day 3- Plaza Deto Varis 5 Km | Day 4- Aruba Bank Camacuri Branch 5 km.
- 3.** All results will be made public on the **Aruba Bank website and Walk & Run App**.
- 4.** It is mandatory for all participants to wear the BIB number on the front of their shirts on all 4 days.
- 5.** The BIB has a chip card. **Only participants wearing their BIB will be able to retrieve their results on the website or App.**
- 6.** **Handle the BIB with care and do not wash, fold, or bend, as this may damage the chip.**
- 7.** Edits to personal information and BIB exchange are possible until 4 p.m. on May 16, 2024, by mailing us at **arubabankwalkrun@gmail.com**. After this date, Aruba Bank cannot guarantee the timely processing of the change and shall not be held liable for any error resulting from an exchange after this date. **No race-day changes are allowed.**
- 8.** At the start, finish, and checkpoints, participants are required to pass under the arch and over the timing mats to assure that their net times are properly registered.
- 9.** Each participant's start time will begin when they cross the start line mats. This is possible ONLY until 10 minutes after the start of the race. For any participant who crosses the finish line with no registered start time, an additional 10 minutes (after the start time) will be added to their results.

- 10.** **Make sure to cross the start line within 10 minutes of the starting race to be in the competition.**
- 11.** For safety reasons, kids under 13 years old are not allowed in the first block. Parents are responsible at all times.
- 12.** At the start and finish lines, do not start or stop your running watch in the space between your BIB number and the detection mats.
- 13.** For a participant to be eligible for a cash prize, they must be residents of Aruba and be registered at CENSO during the whole Walk & Run event.
- 14.** All participants MUST cross the finish line with their BIB visible at the front before 7:30p.m.
- 15.** All participants are NOT allowed to receive any help during the race except from our volunteers or the Red Cross.
- 16.** Participants cannot be accompanied by any motor vehicle or bicycle and are not allowed to receive any refreshments other than those refreshments provided by Aruba Bank at the water stations. The race director can make exceptions.
- 17.** Failure to comply with rules 1 through 16 will be sanctioned with disqualification.
- 18.** Participation is completely at your own risk. Parents are responsible for allowing kids 17 and under to participate.
- 19.** The distances that are being promoted have been measured by KPA. However, these may vary by a few meters.
- 20.** **TIE-BREAKER RULE:** in the event that two or more prize-contending participants have the same accumulated time (mm: ss) after 4 days of competition, the tiebreaker will be determined through the calculation of milliseconds (mm: ss.12345) of each separate day for all 4 days and then subsequently accumulated to determine to the winner.
- 21.** Aruba Bank N.V. reserves the right to make any changes to the routes, checkpoints, and water stations.
- 22.** Questions, feedback, and/or complaints may be e-mailed to [arubabankwalkrun@gmail.com](mailto:arubabankwalkrun@gmail.com). Online or social media protests will not be entertained.