

WALK+ RUN

2023

#BeABetterYou



BRING YOUR OWN BOTTLE!

Limited to no cups available. We will provide water and iced tea.



ENROLL TO APP

Download "Aruba Bank Walk & Run" app and view **live** results.



ROUTES & START TIME 6:30 PM

Day 1 Joe Laveist (San Nicolas)

Day 3 Paradera Drive Thru Center

Day 2 Aruba Bank Hato Branch

Day 4 Aruba Bank Camacuri Branch



MEDAL CATEGORIES

Top 5 of the following categories will receive a medal <u20 | 21 - 24 | 25 - 29 | 30 - 34 | 35 - 39 | 40 - 44 | 45 - 49 | 50 - 54 | 55 - 59 | 60+
(These top 5 exclude the winners in overall)



TOP 5 OVERALL

The top 5 best net times of all 4 days, male and female will receive a cash Prize. In addition, there will be a prize for 4-day participation.



TEAM EFFORT

To register and qualify for a team, this must consist of 5 participants with a minimum of 2 female participants. The best net time of 4 participants will be accumulated among all 4 days of race. **The best 3 teams will receive cash Prizes.**

SUBWAY



Arubabank®

WALK+ RUN

2023

#BeABetterYou

1. The Aruba Bank 4 Day Walk & Run will be held on dates **May 22nd, 23rd, 24th, and 25th, 2023**. The Walk & Run starts at exactly 6:30 p.m. on all 4 days.
2. **Start and finish locations are as follows:** Day 1- Joe Laveist (San Nicolas) 5.5 Km | Day 2- Aruba Bank Hato Branch 5.5 km | Day 3- Paradera Drive Thru Center 5.2 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 consists of a BIB-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 17th, 2023, 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 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 7:30 p.m.
15. All participants are **NOT** allowed to receive any help during the race except from our volunteers or 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 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**. Online or social media protests will not be entertained.