

# The countdown begins for the 2016 Marathon Bahamas Race Weekend

NASSAU, THE BAHAMAS, November 19, 2015 /EINPresswire.com/ -- NASSAU, The Bahamas - Advanced and novice runners, even walkers, will want to mark their calendars for what is surely one of the most picturesque courses as the 2016 Marathon Bahamas Race Weekend gears up with exciting events.

The race courses were designed to showcase many of the focal points of this amazing destination including quaint and scenic downtown Nassau with its historic buildings, the glitz and glamour of Paradise Island, the business districts, a small portion of exciting Cable Beach and the life of the residents hugging the northern shore of the Island.



## Marathon

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*Greg Rolle, Bahamas Sr. Dir.,  
Sales & Mktg. & Sports  
Tourism*

The Marathon, held on Sunday, January 17, and starting at 6 am, features 26.2 miles of history and beautiful scenery loaded with miles of ocean views. The course is fast and flat, except for two bridges at Mile 2 and is ideal for those looking to achieve Boston qualifying times or for anyone seeking a winter running event. The marathon starts at Junkanoo Beach (west of downtown Nassau) heading east through downtown Nassau over the western Paradise Island bridge and immediately returning over the eastern Paradise Island bridge. Route continues east to Montagu Beach with a westward turn onto Shirley Street all the way to Cumberland

Street north. At Bay Street, the course continues to the west, hugging the northern shores of Cable Beach, Delaporte and West Bay Street with the turnaround ¼-mile west of Compass Point returning to the most eastern entrance to Arawak Cay for an oceanfront finish. The entry fee is \$110 from now to the date of the event.

## Half Marathon

The Half Marathon takes place on the same date and starting time as the Marathon and is designed for those who are looking for something more pleasurable than arduous. The event starts at Junkanoo Beach (west of downtown Nassau) heading east thru downtown Nassau over the western Paradise

Island bridge and immediately returning over the eastern Paradise Island bridge. Route continues east to Montagu Beach with a westward turn onto Shirley Street all the way to Cumberland Street north. At Bay Street, the course continues to the west, hugging the northern shore of Cable Beach with the turnaround being the second roundabout on the new Cable Beach strip returning to the most eastern entrance to Arawak Cay for an oceanfront finish. Entry fees are now \$100 until the day of the race.

## Relay

Also on Sunday, January 17, at 6 am is the Relay. If the thought of running a marathon or half marathon is a daunting task, then solicit some friends, family and colleagues to participate in the relay. The four-person relay is designed to build team spirit, engender camaraderie and foster positive corporate challenge as well as the obvious – physical fitness. There is a distance for everyone and school and corporate teams are encouraged. Teams will run the distance and compete for overall awards.

## 5K Walk

People of all ages will enjoy this 5K Walk (3.1 miles) starting at Montagu Beach and finishing east of the 'old' Paradise Island bridge adjacent to the Police Station. The walk takes place on Saturday, January 16, at 7am. There will be two water stops on the route with enthusiastic and encouraging cheerleaders.

"The Marathon Race Weekend is a tremendous opportunity for travelers to participate in a well-organized activity at whatever their skill, age or comfort level dictates," said Greg Rolle, Bahamas Senior Director, Sales and Marketing (Americas) and Sports Tourism. "The marathon is one of a growing number of sporting events that are available here in The Bahamas."

For more detailed information about the races and registration, please visit the website at [www.marathonbahamas.com](http://www.marathonbahamas.com)

## About The Islands Of The Bahamas

The Islands Of The Bahamas have a place in the sun for everyone from Nassau and Paradise Island to Grand Bahama to The Abaco Islands, The Exuma Islands, Harbour Island, Long Island and others. Each island has its own personality and attractions for a variety of vacation styles with some of the world's best golf, scuba diving, fishing, sailing, boating, as well as, shopping and dining. The destination offers an easily accessible tropical getaway and provides convenience for travelers with pre-clearance through U.S. customs and immigration, and the Bahamian dollar is on par with the U.S. dollar. Do everything or do nothing, just remember It's Better in The Bahamas.

For more information on travel packages, activities and accommodations, call 1-800-Bahamas or visit [www.Bahamas.com](http://www.Bahamas.com)

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