



RUN

The Annual Cane Bay 5 Mile

7:00 A.M. Saturday
December 19, 2009

- ◆ Cane Bay Beach St. Croix, Virgin Islands
- ◆ Organized by: The Virgin Islands Pace Runners
- ◆ Sanctioned by: The Virgin Islands Track & Field Federation
- ◆ Entry Fee:\$5.00
- ◆

Races in the series
The Veterans Day 5k
St. Croix Metric Mile
Cane Bay 5 Mile
Flight #64 4 Mile

The Third Race in the "Run Like the Wind" Series

*Awards are made to the top finishers of the combined four races in the series.
Each participant will receive an official tee-shirt and race certificate at the annual awards presentation
scheduled shortly following the last race in The Run Like the Wind Road Race Series.*

RELEASE—WAIVER—STATEMENT OF FITNESS

I entering this footrace, hereby attest that I have trained adequately for and am in proper physical condition as ascertained by a licensed physician, to run 5 miles in high heat and humidity with limited traffic control on public roads. I further release all sponsors and volunteers from all claims resulting from loss, injury or illness resulting from my participation in this race and give permission to use my name and/or picture in any account of this race.

PRINT NAME: _____ AGE: _____ SEX: _____ FEDERATION# _____

MAILING AD-
DRESS: _____ PHONE: _____

YOUR ORGANIZATION, SCHOOL, CLUB: _____ email _____
COUNTRY OF RESIDENCE: _____

SIGNATURE: _____ DATE: _____

SIGNATURE OF PARENT OR GUARDIAN IF YOU ARE UNDER 18 YEARS OF AGE:
_____ DATE: _____

<http://virginislandspace.org>