

# RUN...

## the 23rd paradise 5k



**Thursday April 28, 2011 6:00 P.M. Triathlon Week Entry Fee \$15.00**

- ◆ **5 Kilometers**—The Buccaneer Hotel on The St. Croix International Triathlon Course.
- ◆ Awards to top finishers, male and female, young and not so young
- ◆ Each runner will receive a tee-shirt and a certificate
- ◆ Organized and Sponsored by:
- ◆ **The Virgin Islands Pace Runners**
- ◆ Sanctioned by: The Virgin Islands Track & Field Federation

### 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 approximately 3.1 miles in high heat and humidity on private paths, roads and grounds. I understand that the race and its related activities will take place at The Buccaneer. I recognize that there are numerous unsafe areas of both the race and the hotel, and that I am at constant risk of personal injury. I know that it is my responsibility to carefully walk the course and adjacent property beforehand to familiarize myself with them, as well as to watch where I am going the entire time that I am on The Buccaneer property. I specifically waive my right to a trial by jury, and accept as a condition for entry that any claim I may have against the race organizers or The Buccaneer will be settled through binding arbitration. I further release all sponsors, volunteers and organizers 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: \_\_\_ Date of Birth \_\_\_\_\_ SEX: \_\_\_ Number: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ Fax: \_\_\_\_\_ YOUR ORGANIZATION, SCHOOL, CLUB: \_\_\_\_\_

Tee-Shirt Size: S M L XL COUNTRY OF RESIDENCE: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN IF YOU ARE UNDER 18 YEARS

OF AGE: \_\_\_\_\_ DATE: \_\_\_\_\_

http://virginislandspace.org for course map...  
wallacewilliams@msn.com  
340-643-2557