

RUN-RUN-RUN

ST. CROIX

The Virgin Islands 10K

Road Race Championship

Saturday September 22,

Registration opens: 5:15 am
START: 6 am
Arawak Bay...The Inn at Salt River
Entry Fee: \$10.00 (Walkers Welcome)

Distance: 10k (6.2 Miles)
Course: Flat/Rolling (Out - And - Back)
Awards: Top finishers male/female
Certificates: To all participants



The Virgin Islands Championship
Sanctioned/Hosted by: VITFF
(The Virgin Islands Track & Field Federation)
Organized by: The Virgin Islands Pace Runners



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 6.2 miles in high heat and humidity with limited traffic control on public and private roads and grounds. 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: _____ DOB: _____ AGE: _____ SEX: _____ FEDERATION _____

MAILING ADDRESS: _____ 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: _____

RACE NUMBER