



FLIGHT 64 FOUR MILE ROAD RACE

Sunday March 21, 7am Airport

*4th and final race in the 2009-10
“Run Like the Wind” Road Race Series*

Distance: 4 Miles

Course: Out-and-Back, Airport parking lot exit to Melvin Evans Highway and return

Awards: Top finishers, male and female (in series)

Organizer: Virgin Islands Pace Runners

Sanctioned by: The Virgin Islands Track & Field Federation

Entry Fee: \$5.00

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 4 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

PRINT NAME: _____ 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: _____

<http://virginislandspace.org>

