

RUN-RUN-RUN

The 29th

V.I. Pace Labor Day 5k

Monday September 5, 2011

◆ 5:00 pm Start



- ◆ Arawak Bay The Inn @ Salt River
- ◆ \$10 Entry Fee
- ◆ Course: Out-and-back
5K = 3.1 Miles

Organized By:



35th ANNIVERSARY

<http://virginislandspace.org>

Sponsored by:

Arawak Bay The Inn At Salt River
Post-race awards presentation,
refreshments, poolside Arawak Bay
The Inn At Salt River
<http://arawakbaysalriver.co.vi>



**Walkers invited...
Awards...Certificates**

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 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: _____