

# RUN-RUN-RUN

## ST. CROIX

**The NACAC 10K**

**Road Race Series**

**Sunday September 25, 2011**

**Registration: 4pm**

**START: 5pm**

**Arawak Bay...The Inn at Salt River**

**Distance: 10k (6.2 Miles)**

**Course: Flat/Rolling (Out - And - Back)**

**Awards: Top finishers male/female**

**Certificates: To all participants**

**Sponsored by: NACAC**

**(The North America, Central America & Caribbean Athletics Confederation)**

**Sanctioned/Hosted by: VITFF**

**(The Virgin Islands Track & Field Federation)**



# VITFF

### 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: \_\_\_\_\_

**RACE NUMBER**

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

SIGNATURE OF PARENT OR GUARDIAN IF YOU ARE UNDER 18 YEARS OF AGE: \_\_\_\_\_

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