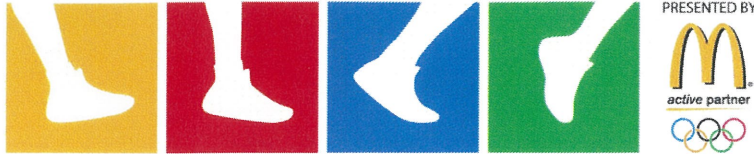


2011 OLYMPIC DAY RUN



“The Magic of the Mile” Come celebrate the Olympic Spirit At The 25th Annual Olympic Day Run 2011

How long does it take you to run, jog, walk a mile? | How many calories do you burn when you run, jog, walk a mile?
| How much weight do you lose when you run, jog, walk a mile? | How do you feel when you run, jog, walk a mile?

▣ A one-mile run/jog/walk ▣ Open to all ages and ability levels ▣ Awards to each finisher,
free Olympic Day tee-shirt, Olympic certificate, and pin to the first 100 finishers!

Date: July 9, 2011

Time: Run, jog, walk in your group: 5:00pm (20min. per mile group); 5:30 (15min. pm grp); 5:45 (10min pm grp); 6:00pm
(7min pm grp); 6:15pm (6 min. pm grp)

Place: The St. Croix Educational Complex High School Track

Who: Adults and children of all ages!

To register:

- o Stop by Stamina Sports (old Bingo building in Est. Orange Grove)
- o Go online to <http://virginislandsolympics.com> or <http://virginislandspace.org>, or
- o Bring the completed form below on run day

WIN RAFFLE! FREE...! FREE...! FREE...! WIN RAFFLE!

Registration Form:

Number: _____ Olympic Day Run

Name: _____ Age: _____ Date of Birth: _____ Male: ___ Female: ___ Your Weight: _____ lbs.

Mailing Address: _____ Phone: _____

Federation (if applicable): _____ Email: _____

Release—Waiver—Statement of Fitness

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the organizer of this event and any and all sponsors, the Virgin Islands Olympic Committee, The Virgin Islands Track and Field Federation, The Virgin Islands Pace Runners and its and their employees, any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event (which may be in high heat and humidity on a natural surface) and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all the forgoing to use any photographs, videotapes, motion pictures, recordings and other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Signature of Parent (if under 18): _____

Organized by: The Virgin Islands Pace Runners | Hosted by: The Virgin Islands Olympic Committee