

# ***RUN-RUN-RUN***

## **ST. CROIX**

***The Virgin Islands 10K***

***Road Race Championship***

**Sunday September 15, 2013**

**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**

\_\_\_\_\_