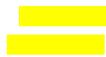
RUN-RUN-RUN ST. CROIX



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 futher 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:_	_FEDERATIO	N
MAILING ADDRESS:		PHONE:			
YOUR ORGANIZATION. SCHOOL, CLU COUNTRY OF RESIDENCE:	JB:	Email:			
SIGNATURE:		DATE:			
SIGNATURE OF PARENT OR GUARDIA	AN IF YOU A		R 18 YEA DATE:_		RACE NUMBER