

RUN-RUN-RUN

ST. CROIX

***The Virgin Islands 10K
Road Race Championship***

Sunday September 15, 2019

**Registration opens: 5:15 am
START: 6 am
Northshore Rd/Salt River Rd
Entry Fee: \$15.00 (NEW START/FINISH)**

**Distance: 10k (6.2 Miles)
Course: Flat/Rolling (Loop)
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**

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: _____

SIGNATURE: _____ DATE: _____

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

_____ DATE: _____

RACE NUMBER
