

RUN

The 29th running of the West Indies Lab 5 Mile

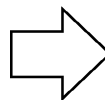


<http://virginislandspace.org>

Saturday
October 19, 2013

Organized by: The Virgin Islands Pace Runners

- ◆ Start: 6:00 A.M. at West Indies Lab (East End Road—St. Croix, V.I.)
- ◆ Entry Fee:\$10.00
- ◆ Course: Rolling—Point-to-Point
- ◆ Distance: 5 Miles
- ◆ Awards—Top 3 predictors, first runner across finish line...
- ◆ Certificates to all participants



**Special invitation to: All
athletes, fitness runners,
recreational runners—
old and young!**

Walkers Welcome...

Sanctioned by: the virgin Islands track & field federation

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 5 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: _____ Age: _____ Sex: _____ Federation#: _____

Mailing Address: _____ Phone: _____

Email address: _____

Your organization, school, Club: _____ Country of Residence: _____

Signature: _____ Date: _____

Signature of parent or guardian if you are under 18 years of age:

_____ Date: _____

Your Predicted time: Minutes _____ Seconds _____