



# Tru-Juice Cross Country 5K

Sunday, June 2, 2019 • Bog Walk, St. Catherine

Race Start: 5K Run - 7:00 am / 5K Walk - 7:15am / 20K Cycle - 8:00am

Select Your Race Event:  RUN  WALK  CYCLE  RUN & CYCLE

Receipt No.:

Last Name  First Name  M.I.

Date of Birth      Sex  (Male)  (Female) Contact Number

Email

Entry Type  Individual  Team Team Name

**EMERGENCY CONTACT**

Last Name  First Name

Contact Number  Medical Condition

**Indemnity** (All Participants must sign this Waiver):

In consideration for me being permitted to participate as an entrant or competitor in the Tru-Juice Cross Country 5K, I, my heirs, executors and administrators hereby release, waive and keep indemnified Running Events Jamaica, Trade Winds Citrus Limited and all clubs, associations, companies, sponsors, participants, competitors, entrants, and all of their respective agents and servants from and against all actions, claims, costs, expenses, demands in respect of death, injury, loss or damage to my person or property howsoever caused by arising out of my permission to attend, or in any way participate during or subsequent to the said Tru-Juice Cross Country 5K whether as spectator, participant, or competitor, entrant or otherwise, notwithstanding that the parties abovementioned, their servants and/or agents may have contributed to the aforesaid injury, death or loss. I agree to receive race information and updates via electronic delivery, in addition to having race results, inclusive of some entry information, posted to our results platform post-race, which is also available to the public. Further, I grant full permission to any or all of the releases to use any photographs, video tapes, motion pictures, recordings, and any other record of this event for any legitimate purpose. Trade Winds Citrus Limited retains the property in all photographs, video and audio material arising from the event and reserves the right to use all such images and sound as it sees fit for legitimate purposes without my consent. If the participant is younger than 18 years old, a parent or guardian should accept the Indemnity.

Signature: \_\_\_\_\_  
If you are under the age of 18, you must have a parent or guardian's signature.

Date: \_\_\_\_\_

The Tru-Juice Cross Country 5K returns on Sunday, June 2 to take you off-the-road and on-the-farm for a day of fun and competition for runners, walkers and mountain bikers. Held in Bog Walk, St. Catherine, the 5K Run & Walk plus a 20K race for bikers, features MYLAPS chip timing, country hospitality and post-race activities including tastings, refreshments and a dip in the farm's pristine river! Hosted by Trade Winds Citrus, funds raised are in aid of Linstead Hospital in St Catherine.

**Registration Guidelines:**

1. Entries will not be processed without donation payment:
  - 5K Run / Walk Regular - \$1,500 per person for individuals and teams  
Premium - \$3,000 per person, includes premium parking, refreshments, food and massages.
  - 20K Cycle - \$2,000 per person, includes access to special cyclists' lounge, with meals and refreshments, bag and bike drop off area.
  - 5K Run & 20K Cycle - \$3,000 per person, includes entry to 5K Run and 20K Cycle and eligible for Run & Cycle awards.
2. Individuals and teams can register and pay online using a Visa debit or any credit card at [www.RunningEventsJa.com](http://www.RunningEventsJa.com).
3. For manual registration, submit completed entry form along with cash or cheque donation at Running Events Jamaica, 87-89 Tower Street, Kingston **OR** at Trade Winds Citrus, Bog Walk, St. Catherine - contact Keresha Ferguson-Brown (876) 708-2155.
4. Registration closes **Wednesday, May 29, 2019** or upon achieving the event limit, whichever comes first. **THERE IS NO RACE DAY REGISTRATION.** Entries are neither refundable nor transferable, and name changes are not allowed.
5. Race packets must be collected before race day from Running Events Jamaica, 87-89 Tower Street, Kingston on Thursday and Friday, May 30 - 31 from 11:00am to 5:00pm each day, or on Saturday, June 1 from 10:00am to 2:00pm. **THERE IS NO NUMBER PICK-UP ON RACE DAY.**
6. Visit [www.RunningEventsJa.com](http://www.RunningEventsJa.com) for race info, including directions to the Tru-Juice orchards in Bog Walk, St. Catherine.