



CUC
WEST BAY
SUNRISE
MAY 2024

5K

Registration Form

Saturday, May 18, 2024

Proceeds to the Sunrise Adult Training Centre and Cayman Athletics
(formerly the Cayman Islands Athletic Association (CIAA))



- Course:** Starts and ends at Ristorante Pappagallo, Conch Point Road, West Bay.
- Start Time:** **6:30 a.m. for runners and walkers.** Check-in time starts at **5:30 a.m.** (participants must check-in with their race bibs, which they receive when collecting their 'power bags' and t-shirts from CUC). This is a timed event. Race bibs have an embedded timing chip and must be worn on the front of your shirt. Race results are published by Race Caribbean at www.racecaribbean.net. **Note: Registration closes at 6:15 a.m. SHARP.**
- Fee:** **CI\$15 Adults and CI\$10 Youth (Under 17).**
- Registration:**
- 1) Register and pay online at www.racecaribbean.net
 - 2) Download the PDF form from CUC's website at www.cuc-cayman.com (click on "Events" under the "About Us" tab on the Home Page). Complete, scan and e-mail the form to communications@cuc.ky.
 - 3) Forms can also be dropped-off and payments made by cash or cheque (payable to CUC) at CUC's Administration Building on North Sound Road from **Wednesday, May 1 to Friday, May 10 between 9:00 a.m. and 4:00 p.m.** Participants who register online must collect their bib numbers, t-shirts and 'power' bag from CUC between **May 1 and May 10. Note: There will be no registration after May 10 or on the day of the event.**
- Amenities:** Participants will receive a t-shirt (sizes are not guaranteed), participation medal and 'power' bag. Light refreshments will be provided and trophies for the fastest and second fastest male and female finishers in the Adult and Youth (Under 17) divisions will be presented at the end of the event along with a number of Spot Prizes including vouchers for Cayman Airways and CUC Gift Certificates (you have to be present to win).
- Contacts:** CUC's Neil Murray (914-1110), Jessica Pawlik (914-1164) or Japhia Augustine (914-1136) or e-mail communications@cuc.ky or Cayman Athletics at gensec@athletics.org.ky.

Name: _____

Mobile: _____ Work: _____

E-Mail: _____

Male Female Youth 17 and Under Age on Day of Event: _____ Please indicate: Walk Run

T-Shirt size (tick one): Male Female | Small Medium Large XLarge XXLarge

Registration Fee paid with: Cash Cheque

Bib No.: (Bib number to be inserted by CUC representative at time of registration)

Waiver: I understand that I am running/walking in this event, which is potentially a hazardous activity. I should not enter and participate unless I am medically able. I assume all risks associated with participating in this event, including, but not limited to, falls, contact with other participants, effects from the weather including heat and/or humidity, traffic and the conditions of the road with all such conditions and risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of the acceptance of my registration, I, for myself and anyone entitled to act on my behalf, waive and release Caribbean Utilities Company, Ltd. (CUC) and Cayman Athletics, sponsors and their representatives, supporters and assignees for any and all injuries or liabilities of any kind arising from my participation in this event. This is even though that liability may arise out of negligence or carelessness on the part of the the entities named in this waiver. I grant and authorise CUC and Cayman Athletics the right to take photographs and videos of myself and my family to use and publish the same in print and/or electronically.

Signature: _____ Date: _____

Name of Parent/Guardian: _____ Signature of Parent/Guardian: _____
(For youths 17 and under) (For youths 17 and under)