

# The Virgin Islands Consortium

## St. John Ten Bay 10K Road Race Set For December 2nd

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ST. JOHN -- Runners and walkers are invited to join the St. John Ten Bay 10K Road Race on Sunday, December 2nd at 7:15 a.m. The race features a challenging and scenic course within the Virgin Islands National Park along North Shore Road, according to a release issued Saturday.

Beginning at the National Park Visitor Center, the course traverses the north shore of St. John for 10 kilometers (6.2 miles), overlooking ten of the world's most beautiful bays and beaches, finishing at Maho Bay beach, the release said.

There is a 2-hour time limit to complete the race. Runners and walkers must be able to keep at least a consistent 19-minute per mile pace on steep, hilly roads. The westbound lane of North Shore Road will be closed during the event. Portions of the lane will re-open to traffic at specific times, and participants must reach checkpoints by a certain time threshold.

The \$35 entry fee per athlete (\$25 for youth) includes a Silipint finisher's award, on-course support and post-race snacks. Prizes made by a local artist will be awarded to the top three male and female finishers, according to the release.

Sign up online at [www.tenbay10k.com](http://www.tenbay10k.com) or at The Tap Room on Saturday, December 1st from 4:00-5:30 p.m. if space is still available. Participation is capped at 100 and there is no registration the day of the race.

Drivers traveling from Coral Bay to Cruz Bay on Sunday, December 2nd between 6:30 a.m. and 9:15 a.m. should plan to take Centerline Road/Rte. 10, as the westbound lane of North Shore Road/Rte. 20 will be closed. Drivers going to Francis Bay/Annaberg will be permitted to use King's Hill Rd./Rte. 20. The westbound lane will reopen at Caneel Bay entrance at approx. 7:40 a.m, at the Peter Bay entrance at approx. 8:25AM, at Cinnamon Bay at approx. 8:40 a.m, and Rte. 20/King's Hill Rd./Colombo's Smoothie's at approx. 9:15 a.m.

The race directors are committed to making this event plastic-free (no single-use plastic water or beverage bottles). For more information, including a course description and volunteer opportunities, visit [www.tenbay10k.com](http://www.tenbay10k.com) or email Mary and Matt at [tenbay10k@gmail.com](mailto:tenbay10k@gmail.com).