



**RUN for RESPECT  
Fort-To-Fort Relay Road Race  
Sunday, September 26, 2010**



To benefit Ten Thousand Helpers' programs for persons who are homeless and mentally ill. The V.I. Pace Runners' programs & projects...

**Entry Fee: \$100.00 per team**  
with payments made in cash, check, money order or credit card, made payable to Ten Thousand Helpers of St. Croix.

- ◆ Open to teams of four runners/walkers all male, all female or any combination.
- ◆ Awards: top teams overall, Categories... Certificates to all participants...
- ◆ Race Course: The race will begin in Christiansted near Fort Christiansvaern and finish at Fort Frederik in Frederiksted (via Queen Mary Highway)
- ◆ Sanctioned by the Virgin Islands Track and Field Federation
- ◆ Organized by The Virgin Islands Pace Runners/Ten Thousand Helpers

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 4 miles in high heat and humidity with limited traffic control on public roads. I further release all sponsors and volunteers 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: \_\_\_\_\_  
 YOUR TEAM CATEGORY: \_\_\_\_\_ E-mail address: \_\_\_\_\_  
 COUNTRY OF RESIDENCE: \_\_\_\_\_  
 SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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

Team Name: \_\_\_\_\_

Team members: 1st. \_\_\_\_\_ 2nd. \_\_\_\_\_  
 3rd. \_\_\_\_\_ 4th. \_\_\_\_\_

<http://virginislandspace.org>  
[www.tenthousandhelpersofstcroix.org](http://www.tenthousandhelpersofstcroix.org)  
 Scan this entry form and email to: [wallacewilliams@msn.com](mailto:wallacewilliams@msn.com)  
 Print this entry form and fax to: 340-692-2158