



The 26th Annual Fort-To-Fort Relay Run For Respect Sunday August 30, 2009 6am



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

Entry Fee: \$40.00

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 all male, all female or any combination.
- ◆ Awards: To top teams...top school teams... Medals to team category winners. Certificates to all participants.
- ◆ Race Course: The race will begin in Christiansted near Fort Christiansvaern and finish at Fort Frederik in Frederiksted.
- ◆ 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
 Scan this entry form and email to: wallacewilliams@msn.com
 Print this entry form and fax to: 340-692-2158