



Team Bib #: _____ (completed by race staff)

Team Name: _____

Team Captain: _____

Team Category: Mixed All Female All Male

(circle one)

This is a five lap race. Each runner may run one, two, three, or four laps. Any runner completing more than one lap must do so consecutively. For example, the same person cannot run lap #1 and lap #5, but they can run laps #1 and #2 or laps #4 and #5.

Trophies for the fastest female team, fastest male team, and fastest mixed team.

Name	Age	Gender
Lap 1		
Lap 2		
Lap 3		
Lap 4		
Lap 5		

Submit form at check-in prior to race for team's bib belt, which must be returned to timing tent at finish line after race or team captain will be charged \$30.