

If you are entering a Co-Ed Team* in this year’s race, please be sure to read the following information to ensure that your team qualifies for Co-Ed Team competition.

- Co-Ed Teams are OPTIONAL. Your team is NOT required to designate Co-Ed Team participants.
- Co-Ed Teams must have at least five team members (more is fine). Co-Ed Teams must have a minimum of two men and two women. Beyond the two men and two women requirement, any combination of males and females can make up the remainder of the Co-Ed Team.
- Limit of one Co-Ed Team per company.
- Team members designated as Co-Ed **will not** score for your team in the Male and Female Open categories.
- Co-Ed Team members must be employees. Family members and friends are not eligible for Co-Ed Team competition.
- Co-Ed Team members must be designated before August 10th. Please return this roster as a finalization of your team. There are no changes after this date.

The best five members of your Co-Ed Team will score for the team – (2 best men, 2 best women and the next fastest runner). The top five Co-Ed Teams will win awards.

* Similar to Male and Female Open Teams, Co-Ed Teams will be scored on an age-adjusted basis, which means that each runner’s net time will be adjusted according to established performance tables.

CO-ED TEAM MEMBERS (Minimum of five participants. Must be employees.)

MEN	START GROUP (Competitive, Recreational Runner or Walker)	T-SHIRT SIZE	WOMEN	START GROUP (Competitive, Recreational Runner or Walker)	T-SHIRT SIZE
1. _____	_____	_____	1. _____	_____	_____
2. _____	_____	_____	2. _____	_____	_____
3. _____	_____	_____	3. _____	_____	_____
4. _____	_____	_____	4. _____	_____	_____
5. _____	_____	_____	5. _____	_____	_____
6. _____	_____	_____	6. _____	_____	_____
7. _____	_____	_____	7. _____	_____	_____
8. _____	_____	_____	8. _____	_____	_____
9. _____	_____	_____	9. _____	_____	_____
10. _____	_____	_____	10. _____	_____	_____

(If additional space is needed, please copy this form.)