

COMPANY TEAM ROSTER

STAPLE
Individual Application
& Release Forms Here

THIS IS NOT AN APPLICATION.

A Team Runner's Application & Release Form must be completed for **each** runner or walker on your team, and must accompany this Company Team Roster form. Be sure to sign each Team Runner's Application & Release Form and make sure the participant signs the release/waiver, selects a wave start group* and a t-shirt size. Please type or print carefully. Make additional copies as needed.

Check here if you've registered your COMPLETE team online.

EXACT COMPANY NAME	TOTAL NUMBER OF EMPLOYEES AT YOUR FACILITY (DO NOT INCLUDE FAMILY & FRIENDS) (REQUIRED)
ADDRESS	NUMBER OF EMPLOYEES PARTICIPATING IN RACE
CITY	STATE
TEAM CAPTAIN	ZIP
PHONE	EMAIL
	FAX

TEAM CAPTAIN (PLEASE READ & SIGN)

All of the team members listed below meet the eligibility requirements of the CIGNA/Elliot Corporate 5K Road Race. I understand that no substitutions are allowed. I also understand that there is one Team Deadline, July 19th, and that add-ons to my team are not allowed beyond the deadline. Any individual entered after July 19th will be entered as an individual and is not eligible for a corporate-branded shirt. Corporate-branded shirts can be purchased for \$11 and will be available after race day.

- WAVE START GROUP**
1. COMPETITIVE RUNNER
 2. RECREATIONAL RUNNER
 3. WALKER

SIGNATURE OF TEAM CAPTAIN	DATE
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*If you don't select a start group, you will be assigned to the walking group.

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

MEN	START GROUP <small>(Competitive, Recreational Runner or Walker)</small>	T-SHIRT SIZE	WOMEN	START GROUP <small>(Competitive, Recreational Runner or Walker)</small>	T-SHIRT SIZE
1. _____	_____	_____	1. _____	_____	_____
2. _____	_____	_____	2. _____	_____	_____
3. _____	_____	_____	3. _____	_____	_____
4. _____	_____	_____	4. _____	_____	_____
5. _____	_____	_____	5. _____	_____	_____
6. _____	_____	_____	6. _____	_____	_____
7. _____	_____	_____	7. _____	_____	_____
8. _____	_____	_____	8. _____	_____	_____
9. _____	_____	_____	9. _____	_____	_____
10. _____	_____	_____	10. _____	_____	_____
11. _____	_____	_____	11. _____	_____	_____
12. _____	_____	_____	12. _____	_____	_____

NON-TEAM MEMBERS (Family & Friends)

Please list family and friends and attach their Team Runner's Application & Release Form to this roster.

	START GROUP	T-SHIRT SIZE		START GROUP	T-SHIRT SIZE
1. _____	_____	_____	1. _____	_____	_____
2. _____	_____	_____	2. _____	_____	_____
3. _____	_____	_____	3. _____	_____	_____
4. _____	_____	_____	4. _____	_____	_____
5. _____	_____	_____	5. _____	_____	_____
6. _____	_____	_____	6. _____	_____	_____
7. _____	_____	_____	7. _____	_____	_____