

Frosty Moss Relay Team Roster

3 or 5 Runners Per Team (No 4-Person Teams) - BRING COMPLETED FORM TO CHECK-IN

Team Captain _____ Cell # _____

Home Address _____ Email _____

Emergency Contact Name & Phone # _____

Team Member 2 _____ Cell # _____

Home Address _____ Email _____

Emergency Contact Name & Phone #: _____

Team Member 3 _____ Cell # _____

Home Address _____ Email _____

Emergency Contact Name & Phone # _____

Team Member 4 _____ Cell # _____

Home Address _____ Email _____

Emergency Contact Name & Phone #: _____

Team Member 5 _____ Cell # _____

Home Address _____ Email _____

Emergency Contact Name & Phone # _____

***How many non-racers are accompanying your team during Frosty Moss weekend?** _____

Leg Assignments

Each team member must run 3 (5-person teams) or 5 (3-person teams) nonconsecutive legs.

Leg 1 _____ Leg 9 _____

Leg 2 _____ Leg 10 _____

Leg 3 _____ Leg 11 _____

Leg 4 _____ Leg 12 _____

Leg 5 _____ Leg 13 _____

Leg 6 _____ Leg 14 _____

Leg 7 _____ Leg 15 _____

Leg 8 _____