

# 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 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	ZIP	
TEAM CAPTAIN	PHONE	E-MAIL	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 20th and that add-ons to my team are not allowed beyond the deadline. Any individual entered after July 20th will be entered as an individual and is not eligible for a corporate-branded shirt. Corporate-branded shirts can be purchased for \$7 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. _____	_____