



2019 Registration Form

Team Name: _____

Division: _____

Average Pace (minutes per mile) of Team: _____

(Teams registering by mail will be required to complete the AOR Release and bring it with them to pre-race check in. The Release will be posted online as a separate document and in the Runners' Handbook.)

Team Roster

NOTE: T-shirt sizes based on gender specific sizing

1.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER
2.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER
3.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER
4.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER
5.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER
6.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER
7.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER
8.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER
9.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER
10.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER
11.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER
12.	NAME	EMAIL	T-SHIRT SIZE	
	FULL ADDRESS		AGE	GENDER

Please mail completed form with payment to JR Running LLC, 6904 Marbury Road, Bethesda, MD 20817.
Please include all volunteer fees as appropriate. For payment information please go to www.americanodysseyrelay.com.