



Mail-In 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		S / M / L / XL
2.	NAME	EMAIL	T-SHIRT SIZE
	FULL ADDRESS		S / M / L / XL
3.	NAME	EMAIL	T-SHIRT SIZE
	FULL ADDRESS		S / M / L / XL
4.	NAME	EMAIL	T-SHIRT SIZE
	FULL ADDRESS		S / M / L / XL
5.	NAME	EMAIL	T-SHIRT SIZE
	FULL ADDRESS		S / M / L / XL
6.	NAME	EMAIL	T-SHIRT SIZE
	FULL ADDRESS		S / M / L / XL
7.	NAME	EMAIL	T-SHIRT SIZE
	FULL ADDRESS		S / M / L / XL
8.	NAME	EMAIL	T-SHIRT SIZE
	FULL ADDRESS		S / M / L / XL
9.	NAME	EMAIL	T-SHIRT SIZE
	FULL ADDRESS		S / M / L / XL
10.	NAME	EMAIL	T-SHIRT SIZE
	FULL ADDRESS		S / M / L / XL
11.	NAME	EMAIL	T-SHIRT SIZE
	FULL ADDRESS		S / M / L / XL
12.	NAME	EMAIL	T-SHIRT SIZE
	FULL ADDRESS		S / M / L / XL

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.