

Frosty Moss Relay Team Roster

Frosty Moss 2-5 person teams. Mini Moss 2-4 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 (Frosty Moss 15 Legs / Mini Moss 8 Legs)

No team member may run consecutive legs. There must be a runner change at the start of each leg.

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