



# TEAMS



1. All Teams must check in at the Registration/Check-in Table, located at the southwest corner of the track. Registration is open from 2:15 until 2:55.
2. If you have paid for your registration and t-shirts by Friday, October 10<sup>th</sup>, your shirts have been reserved and will be ready and waiting for you at the Check-in.
3. All team members will be invited onto the track **at 3 pm**. After some opening words, Cat will give the whistle to start the race.
4. We would like **all members of all teams to jog the first lap together**. We can show our connectedness, solidarity, and cooperation by this one lap, and will be able to put up over 30 miles in the first 3 minutes!
5. After the first lap, we will be asking that no team have more than **TWO members** on the track at any given time. We must do this to ensure safety and ease for the runners. The track is not wide and narrows at the sides, so we ask for your cooperation in this.
6. You may come and go as you like. Teams are not required to have a member on the track at any given time. We want you to have a fun, relaxing time and move at your pace!
7. As each team member completes each mile, they will report to the scorekeeper and move the timeclock ahead 1 mile. Teams will be awarded **prizes** based on predetermined mile markers. (Such as, the team that runs the 99<sup>th</sup> mile will win the dinner for two gift certificate from such and such restaurant.)
8. Be Nice to Each Other!

