

# COMPANY ROSTER FORM

Company Name: \_\_\_\_\_

W - Indicates "walker"

**MEN**

PARTICIPANT (Last Name, First Name)	W	SHIRT SIZE	OFFICIAL USE
CEO (only if participating)			
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			

W - Indicates "walker"

**WOMEN**

PARTICIPANT (Last Name, First Name)	W	SHIRT SIZE	OFFICIAL USE
CEO (only if participating)			
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			

## Instructions for Completing Company Roster Form: Please Read and Sign

1. Separate Men & Women - (Last Name, First Name).
2. Submit Company Registration, Roster Form along with the Participant Registration Forms & entry fee to:  
Track Shack Fitness Club, 1104 North Mills Ave.,  
Orlando, FL 32803
3. All participants should be listed on the roster form.
4. Place a ✓ in the "W" column next to participants name if he/she is a walking participant. (40 minutes or over)
5. Indicate T-shirt size next to each participant.
6. Circle number to the left of names for competitive runners that can complete the race in 25 min. or less. Captains may "seed" 10% of their team, up to a maximum of 25 runners. It is not mandatory to seed your runners.

I/We understand that part-time employees, friends and spouses listed on the roster form are not eligible for any awards and cannot be listed on score cards. Each entrant must submit a Participant Form.

X \_\_\_\_\_

MAKE ADDITIONAL COPIES OR ATTACH  
ADDITIONAL PAGES AS NEEDED

APRIL 7, 2016

Lake Eola, Downtown Orlando

Corporate5k.com