



Welcome to the Tom's Run Toolbox.
Here is a collection of tools that
might make your job as Team
Leader a little easier. Just pick and
click to access the files. And, don't
hesitate to call or write if you have
questions.

Admin@tomssrunrelay.org

Cheers!!

[Team application \(MS Word format\)](#)

[Course map and directions \(Adobe .pdf format\)](#)

[Disclaimer form \(Adobe .pdf format\) – must be signed by all team members](#)

[Spreadsheet for planning transition points for your team \(MS Excel format\)](#)

[Spreadsheet for planning transition points for remote teams \(MS Excel format\)](#)

[Recommended equipment list – remember, it's hot out there!](#)

[The Island of Lost Runners \(Adobe .pdf format\) – list of hopefuls without a team](#)