



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.

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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 \(MS Excel format\)](#)

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

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