



**Sunday, October 5, 2008**

1K Kids Dash  
5K Healthy Fun Run/Walk/Crawl  
10K Run



*IssaquahRotary.org*

## Information for Team Captains

### What is in the 2008 Team Packet?

Information for Team Captains (this page)  
Team Roster Form (next page)  
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### What is a Team?

A team is a group of any number of friends, family members, or co-workers in excess of two. Team members can include all ages and levels of fitness, and can be any combination of runners or walkers in any event, including the Kids Dash.

### What is expected of Team Captains?

Team captains recruit teammates and make sure they complete a registration form. Have your teammates submit registration online.

Paper-based registration forms, fees, and donations should be mailed to:  
P.O. Box 553, Issaquah, WA 98027  
and should be post marked by Sept. 29th 2008

A Team Roster is included to help you keep track of your team members. Submitting a roster and event fees is NOT sufficient to register your teammates...every individual participating in an event must complete his or her own registration form, either online or by mail or in person at one of the specified locations by October 3rd or at the FootZone Last Gasp on October 4th.

### Great Brooks Equilibrium Shirts!

Shirts commemorating the Rotary Run are included in the registration fee for the event participants. Shirts are not guaranteed to those who do not register or register at the last minute.

### How do I use the registration form?

Whether submitted online or by mail, make sure that all your team members fill in your name under "Team Captain" and your team's name under "Team Name". They must also complete all other information required by the form, remembering to include their birthday, shirt size, and signature at the bottom.

### Donations and Fund-Raising

Challenge your team to set a fund raising goal. We recommend \$100 per team member, over and above the registration fee.

Pledge forms are included in this Team Packet. Simply fill in your team name and your address for pledges to be sent back to you. Donations can also be made online, specifying your team. Remind everyone that the proceeds raised benefit the SAMA foundation, whose goal is to eliminate the disease of substance abuse in youth.

### Team T-Shirts, Race Bibs, and Chips

Team Captains, or individual team members, can pick up their team's t-shirts, race bibs, and chips on Sunday, October 5, 2008 at 7:30am, the day of the race.

### Questions?

Visit [IssaquahRotary.org](http://IssaquahRotary.org) if you have any questions or comments about the Rotary Run.

### Key Dates:

Mail-in entries must be post-marked  
by Sept. 29th  
Online entries must be completed by  
8am on Oct. 3rd