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.
TomsRunRelay@gmail.com
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](#)