



# 2010 EPIC OREGON RELAY

## RUNNER/VOLUNTEER SUBSTITUTION FORM

TEAM NAME \_\_\_\_\_ CAPTAIN NAME \_\_\_\_\_

NAME OF FORMER PARTICIPANT \_\_\_\_\_

NAME OF REPLACEMENT \_\_\_\_\_

TYPE OF SUBSTITUTION (CHECK ONE):      RUNNER\_\_\_\_      VOLUNTEER\_\_\_\_

**\*FILL OUT AND BRING THIS FORM TO THE RELAY START CHECK IN IF YOU HAVE A RUNNER OR VOLUNTEER CHANGE AFTER REGISTRATION IS CLOSED.**