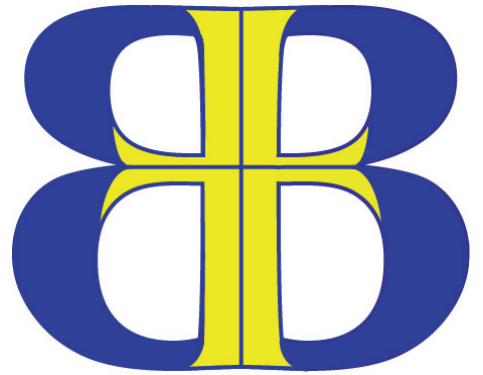


Regina Cross Country Program Presents:

Legend of the Fall

Bob Brown Memorial
Cross Country Trail Run/ Walk



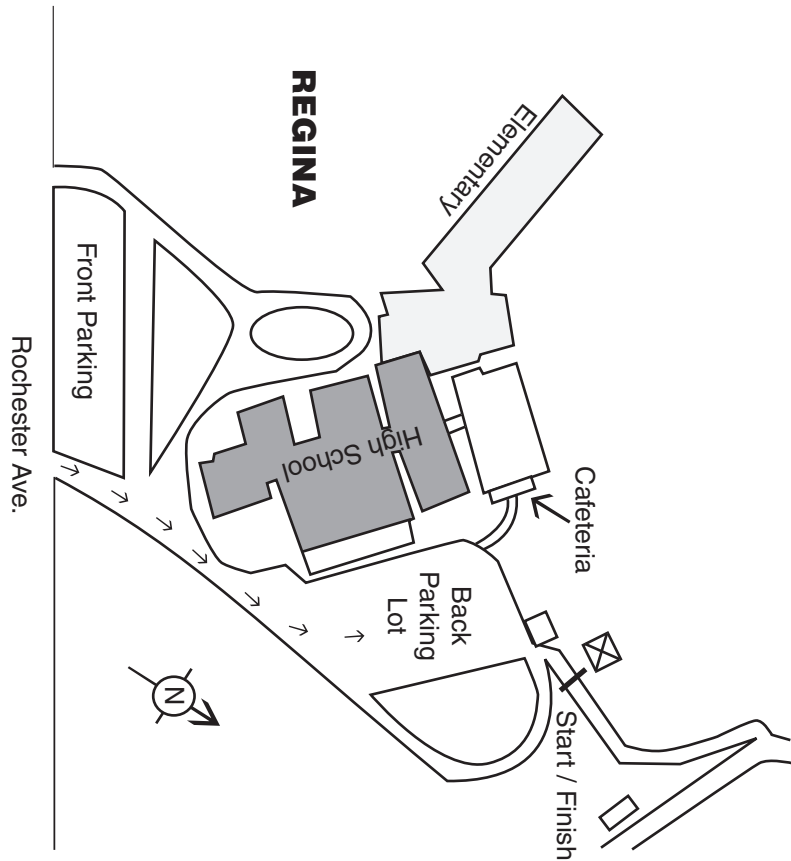
Thanksgiving Day
Thursday, Nov. 26, 2009

Race Day Registration/Package Pick-up: 6:00a.m.- 7:30 a.m.
at Regina Cafeteria (see map)

**Race (Runners and Walkers) starts at
8:00a.m.**

@ Regina High School Track and goes thru
Hickory Hill Park

Regina High School, 2150 Rochester Ave., Iowa City



Legend of the Fall

Long sleeve T-shirt: S M L XL 2XL(\$2extra)

Name: _____

Address: _____ City: _____

Phone: _____ Sex: M ___ F ___ Age: _____

WAIVER: IN CONSIDERATION OF MY ACCEPTANCE OF ENTRY, I FOR MYSELF, MY EXECUTORS, ADMINISTRATORS, AND ASSIGNEES DO HEREBY RELEASE AND DISCHARGE THE DIRECTORS, RACE COMMITTEE, AND ALL SPONSORS, FOR ALL CLAIMS OF DAMAGES, DEMANDS, AND ACTIONS WHATSOEVER IN ANY MANNER ARISING OR GROWING FROM MY PARTICIPATION IN THE "LEGEND OF THE FALL" CROSS COUNTRY TRAIL RUN.

SIGNATURE: _____ (If under 18, parent must sign)

Coach Bob Brown



1942-2007

In 2001, the first annual “Legends of the Fall” race was held to honor the “legends” of Regina runners who ran for Coach Bob Brown. In 2005, a small name change was made: from “Legends” to “Legend”, to honor the coach who started it all. Bob Brown was a legendary coach at Regina. Starting the cross country program in 1987, his teams placed in the top four at state for 15 consecutive years, with 7 state titles. But it was Coach Brown’s genuine caring for his athletes and everyone he met; his passion for doing things the right way; his foundation of family and faith; and his familiar hugs that will be remembered most and honored by this race. Coach Brown lost his battle with pancreatic cancer in 2007. To the end, he practiced for himself, what he had always preached to his athletes: “**Nothing But Your Best**”. Continue in your own lives to live the example Coach Brown set. And thank you for participating in “Legend of the Fall”.

Race Proceeds: Race proceeds will go to Pancreatic Cancer Action Network (www.pancan.org).

The Race:

Thanksgiving Day

Thursday, November 26, 2009

Race Day Registration/ Packet Pick-up:

6:30a.m.- 7:30a.m.

-Race starts at 8a.m. The course is approx. 5K thru Hickory Hill Park. Start and finish at Regina(back parking lot, near the press box). This is a very challenging and scenic cross country course. Expect steep hills, rocks, overhanging trees, creeks, mud, stumps, tall grass, and uneven terrain.

Entry Fee:

Postmarked or dropped off by 11/19: \$15.00

After 11/19 and including race day: \$20.00

ONLY registrations received by 11/19 are **guaranteed** an AWESOME t-shirt!!

**Cash or check only to: REGINA
CROSS COUNTRY**

Race forms can be e-mailed out to you to be downloaded and completed.
(No “on-line” entry.)

Mail or drop off forms at:

-Running Wild, 1801 2nd St., Coralville,
IA, 52241

Awards:

Approx. 9AM, Regina Cafeteria (same location as packet pick-up).

- Overall Men’s and Women’s winners receive a **TURKEY!**

- Each age group winner receives a **HOMEMADE PIE!**

Age Groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.

Results & Post Race:

Results will only be kept by place. Times are not recorded; but, there is a race clock at the finish line. Place results will be found in the cafeteria.

Stick around after the race for food, beverages, and multiple door prize drawings. Every finisher has a chance at a door prize, as long as you are there.

QUESTIONS: Joe Dwyer, 351-3602 or e-mail: jdwyer5@aol.com.