

Nothing but your best!
-Coach 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 2007, 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, Coach Brown's traditions are carried on to this day where the Regina boy's teams have placed in the top four at state for 18 out of the last 20 years, with 8 state titles and 2 runner-up finishes. The girls teams have finished in the top four 6 out of 13 years of going to the state meet with one runner up finish. But it was Coach Brown's genuine caring for his athletes and everyone he met; his passion for doing things the right way; and his foundation of family and faith that will be remembered most and honored by this race. Coach Brown lost his battle with pancreatic cancer in 2007. To the end, he led by example for what he 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 the "Legend of the Fall"!

THE RACE

THANKSGIVING DAY

THURSDAY, NOVEMBER 28, 2013

RACE DAY REGISTRATION/ PACKET PICK-UP:

6:00AM - 7:30AM

RACE STARTS AT 8:00AM

The race is approximately 4 miles through Hickory Hill Park. Start and finish will be on the Regina track. This is a very challenging and scenic cross country course. Expect steep hills, rocks, overhanging trees, creeks, mud, stumps, and tall grass!

ENTRY FEE

POSTMARKED OR DROPPED OFF BY: 11/18/13 = \$20.00

AFTER 11/18/13 AND INCLUDING RACE DAY = \$25.00

REGISTRATIONS RECEIVED BY 11/18/13 ARE
GUARUNTED A LONG SLEEVE SHIRT.

HOW TO ENTER:

ONLINE ENTRY:

<https://secure.getmeregistered.com/LegendOfTheFall>

OR - MAIL/ DROP OFF FORMS NO LATER
THAN 11/26/13 AT:
REGINA HIGH SCHOOL
2150 ROCHESTER AVE.
IOWA CITY, IA 52245

CASH OR CHECKS ONLY TO:
REGINA CROSS COUNTRY

RACE PROCEEDS: ½ Will go to the Pancreatic
Cancer Action Network (www.pancan.org)
½ will go to the Regina Cross Country Program

AWARDS

APPROXIMATELY 9:00AM

REGINA CAFETERIA

(SAME LOCATION AS PACKET PICK UP)

OVERALL WINNERS RECEIVE A

LIMESTONE TROPHY AND A PIE

EACH AGE GROUP WINNER RECEIVES A

PUMPKIN PIE!!

AGE GROUPS: 9 & UNDER, 10-14,
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 be posted in the cafeteria once
all competitors have finished also online
at: www.fitnesssports.com

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

QUESTIONS CONTACT CHAD SWOPE
319-321-6986 OR chad-swope@uiowa.edu

www.fitnesssports.com
FitnessSports
REGISTRATION AND PACKET PICK-UP

LEGEND OF THE FALL

NAME _____

ADDRESS _____

CITY _____

EMAIL _____

PHONE _____

GENDER: M _____ F _____

AGE _____

LONG SLEEVE T-SHIRT

SMALL _____

MEDIUM _____

LARGE _____

XL _____

2XL (\$2EXTRA) _____

NO T-SHIRT _____

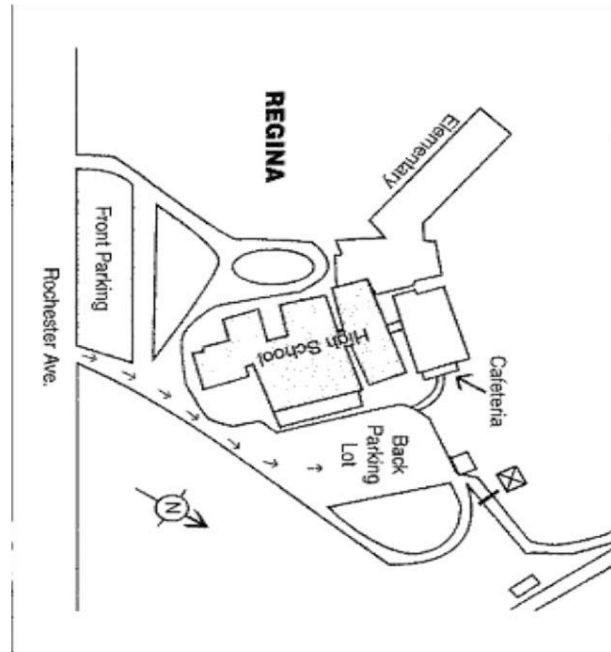
OPTIONAL ADDITIONAL DONATION TO PANCAN:

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)

www.youarethelegend.ca
FitnessSports
The Cross Country Program is made possible by the generous support of our sponsors.



REGINA CROSS COUNTRY PRESENTS THE 13TH ANNUAL LEGEND

OF THE FALL BOB BROWN MEMORIAL CROSS COUNTRY TRAIL RUN/ WALK



THANKSGIVING DAY
THURSDAY, NOVEMBER 28, 2013
RACE STARTS AT 8:00AM
ON THE REGINA HIGH SCHOOL TRACK AND GOES THROUGH HICKORY HILL PARK
RACE DAY REGISTRATION/PACKET
PICK-UP 6:00AM – 7:30AM IN REGINA CAFETERIA
REGINA HIGH SCHOOL,
2150 ROCHESTER AVE.,
IOWA CITY, IOWA 52245