



**21st Annual Legends of Cross Country
Open 5K Race
Seeded 5K & Team Race**

Saturday, August 5, 2017

Register Online at: www.active.com

Race Director: Phil Lawton (702) 458-6323 or (coachpcl@gmail.com)

Start: Open 5K at 6:45 a.m. (early-bird start 6:30) Seeded 5K/Team Race at 7:30 a.m.

Course: Attached. Best access for parking is from Eastern Ave. entrance closest to Warm Springs Rd. (shown on map). Adequate parking also near Start/Finish area shown on map (P)

Awards: All entrants receive 19th Annual Legends of Cross Country t-shirt. First 50 finishers (25 male, 25 female) in both 5K races receive medals. Awards to first and second Overall based on composite times. Age-group awards in seven divisions: Children (13 & U), Youth (14-19), Open (20-29), Sub-Masters (30-39), Masters (40-49), Seniors (50-59), Super-Seniors (60 & Over).

Team Competition—Three Divisions: Male, Female, Mixed. Teams consist of 5-7 runners—at least two of each gender for mixed teams. Scoring based on total time of top five—at least two of each gender for mixed teams. To enter Seeded race “Unattached” (non-team) must meet 5K qualifying times: Open Men—sub 18:00; Open Women—sub 22:00. Masters Men (O-40)—sub 20:00; Masters Women (O-40)—sub 24:00. (Exemptions granted for Seniors/Super-Seniors.) Contact Race Director to register teams and/or get further details. Individual awards to first-place team members in each division of Seeded 5K/ Team Race.

Registration: register in person through August 3, 2017 at:

Red Rock Running Company
7350 W Cheyenne Ave
Las Vegas, NV 89129
702.870.4786

Red Rock Running Company
10595 Discovery Dr #3
Las Vegas, NV 89135
702.233.2250

Red Rock Running Company
120 S Green Valley Pkwy #144
Henderson, NV 89012
702.998.9054

All proceeds go to the LVTC Scholarship Fund

Make checks payable to LVTC.

**Detach and Mail to:
LVTC
c/o Phil Lawton
3649 Maria Street
Las Vegas, NV 89121**

<u>Fees: Through July 22, 2017</u>	<u>July 23-August 4, 2017</u>	<u>Day of Race</u>
\$30—LVTC Members & Youth (19 and under)	\$35—LVTC Members & Youth	\$50—All
\$35—General Public	\$40—General Public	

Contact Race Director for discounted school-team fees (10 or more from same school) and club-team fees

PACKET PICK-UP: FRIDAY, August 4, 2017---10:00 a.m. to 5:00 p.m. at Red Rock Running Company Henderson

Name _____ Age _____ Gender: M/F _____ LVTC Member (Y/N) _____
 (Last) (First) (On 08/05/17)

Address _____ Phone and/or Email _____

City/State/Zip _____ Shirt Size: XS S M L XL
 (circle one)

5K Race Category (check one age category)

Children (13 & under) ___ Youth (14-19) ___ Open (20-29) ___
 Sub-Masters (30-39) ___ Masters (40-49) ___ Seniors (50-59) ___ Super-Seniors (60 and Over) ___

Seeded Race Unattached (request only) _____ Qualifying Time (5K) _____

Waiver—I am aware of the fact that running a road race or a cross country race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to contact with other participants, the effects of the weather, including high heat /humidity, traffic, and the conditions of the road or trails or desert wilderness, all such risks being known and appreciated by me. Having read this and knowing the facts and in consideration of your accepting my entry, I for myself and anyone else entitled to act on my behalf hereby waive and release the Las Vegas Track Club, Phil Lawton, the County of Clark, and the State of Nevada, and all other sponsors, their representatives and successors from all claims or liabilities arising out of my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I warrant and declare that the participant is in good health. If the participant is a minor, I also give my consent for his/her participation in the activity, and for any necessary emergency medical treatment.

Event: 5K Fee Paid \$ _____ By: Check ___ Cash ___ Money Order ___

Signature _____ Date _____
 (Parent or Guardian if Athlete is under 18)

Sunset Park 5K Course

Las Vegas Track Club Legends Run, Las Vegas Invitational, NIAA Region & State Cross Country



Starting line is 50m wide and the course begins with a 192m grass straightaway then turns right and connects to the dirt paths. This first "hairpin" loop back to the starting line is 501m. Athletes will then run the main loop twice. This loop is 2,234.5m and is mainly dirt path. The loop around the baseball fields on the west side of the course is all grass. After running the second loop, athletes will turn left into the grass area north of the starting line. The finish line is 30m off of the path. Total distance of the course is 5000m.