



**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 19 years, with 8 state titles and 2 runner-up finishes. The girls teams have finished in the top four 6 out of 12 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"!

**RACE PROCEEDS:** Will go to the Pancreatic Cancer Action Network ([www.pancan.org](http://www.pancan.org))

## THE RACE

## THANKSGIVING DAY

**THURSDAY, NOVEMBER 24,  
2011**  
**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: 11/17/11 =  
**\$15.00**

AFTER 11/17/11 AND INCLUDING RACE DAY =  
**\$20.00**

**REGISTRATIONS RECEIVED BY 11/17/11  
ARE GUARANTEED A LONG SLEEVE  
SHIRT.**

"NO T-SHIRT" OPTION BEFORE 11/17/11 =  
**\$10.00**

"NO T-SHIRT" AFTER 11/17/11 AND  
INCLUDING RACE DAY =  
**\$15.00**

**CASH OR CHECKS ONLY TO:  
REGINA CROSS COUNTRY**

**MAIL OR DROP OFF FORMS NO  
LATER THAN 11/23/11 AT:  
REGINA HIGH SCHOOL  
2150 ROCHESTER AVE.  
IOWA CITY, IA 52245**

## AWARDS

**APPROXIMATELY 9:00AM,  
REGINA CAFETERIA (SAME  
LOCATION AS PACKET PICK  
UP).**

**OVERALL MALE AND FEMALE  
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 posted in the cafeteria  
once all competitors have finished.**

**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](mailto:chad-swope@uiowa.edu)**

# LEGEND OF THE FALL

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

PHONE \_\_\_\_\_

GENDER: M \_\_\_ F \_\_\_ AGE \_\_\_\_\_

LONG SLEEVE T-SHIRT

SMALL \_\_\_\_\_ MEDIUM \_\_\_\_\_

LARGE \_\_\_\_\_ XL \_\_\_\_\_

2XL(\$2EXTRA) \_\_\_\_\_ NO T-SHIRT \_\_\_\_\_

**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)

Date \_\_\_\_\_

Downloaded via [RunningWall.com](http://RunningWall.com)

BREGINA CROSS COUNTRY  
PRESENTS  
THE 11<sup>TH</sup> ANNUAL

# LEGEND OF THE FALL

BOB BROWN  
MEMORIAL CROSS  
COUNTRY TRAIL RUN/ WALK



THANKSGIVING DAY  
THURSDAY, NOVEMBER 24,  
2011

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 AT REGINA CAFETERIA

REGINA HIGH SCHOOL,  
2150 ROCHESTER AVE.,  
IOWA CITY

