



26th Annual Legends of Cross Country Open 5K & Team Race

Saturday, July 30th, 2022

Veterans Memorial Park , Boulder City

Register Online at: www.legendstxc.com

Race Director: Adam Chan (702) 236-2043 or (achan1971@gmail.com)

Start: Open 5K Race at 7:00 a.m.

Course: (see below). Best access for parking: Buchanan Blvd and Commons way (first turn on the roundabout)

Awards: All entrants receive 25th Annual Legends of Cross Country t-shirt. First 100 finishers (50 male, 50 female) will receive medals. Awards to first and second Overall. 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). Ribbon Medals will be awarded to the top 50 finishers in each gender category. Each entrant will receive a T-shirt of their size.

Team Competition—Three Divisions: Male, Female, Mixed. Teams consist of 5-7 runners, with a maximum of 4 men on mixed teams. Scoring based on total time of top five; scoring of top five on mixed teams must include at least two of each gender. Contact the Race Director to register teams and/or get further details. Individual awards to first-place team members in each division of the race.

Registration: Register in person through July 29th 2022 at:

Red Rock Running Company (Rainbow)

7379 S. Rainbow Blvd #165

702.8704786

info@rrr.run

All proceeds go to the Legends Foundation Scholarship

Alternative to online registration: complete form below.
Make checks payable to Legends Foundation Detach and Mail to:

LVTC
c/o Phil Lawton
3649 Maria Street
Las Vegas, NV 89121

Fees: Registration will increase to \$30 on July 14 and will increase to \$35 on July 21st

Contact Race Director for discounted school-team fees and club-team fees.

PACKET PICK-UP: FRIDAY, July 29th, 2022 ---10:00 a.m. to 5:00 p.m. at Red Rock Running Company on Rainbow

Name _____ Age _____ Gender: M / F _____

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)

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 Legends Foundation, 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 foregoing 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)

*****If you have any questions regarding online registration, please contact



lvlegendsxc@gmail.com