



Legend High School

www.legendtitans.org

www.legendtitans.org/Athletics/crosscountry.html

Mail Entries to:

Legend High School
ATTN Roger Miller 5k Run
22219 Hilltop Road
Parker, Colorado 80138

Email contact: roger.miller@dcsdk12.org

Mail Deadline: August 16th 2010

Or Register in Athletic Office at Legend High School

Or Bring Entries to Roger Miller or Megan Peterson at Legend HS

ENTRY FEE'S

Race and Breakfast \$15

Breakfast Only (no race) \$8

Race Day Entry Fee is \$20

All Entries are donations to Legend High School

Make Checks to: Legend High School

Pick up Race Bibs or Breakfast Tickets on Race Day. Check in will be at the track starting at 7am.

1st Annual Titan "Clash" 2010 Pancake 5k Run/Walk



Join the Legend Cross Country and Track Team as we host a community 5k run/walk to celebrate and kickoff the 2010-2011 school year!

Legend High School Track

22219 Hilltop Road

Parker, Colorado

August 21st, 2010

Packet pickup and registration from 7am -8am

8:15am START on the track

Race times may be adjusted based on entries.

1st Annual 5k Titan Clash Pancake Run

Proceeds of this event help to support and supplement our teams with supplies, entry fee's, and additional coaching stipends.

Join our students, parents, staff, and community in our efforts to support and promote fitness! Parents and the LHS staff are encouraged to join in. If you don't want to run or walk, you may still enjoy a pancake breakfast after the run.

Race day will include the pancake breakfast provided by ChrisCakes of Coloarado. Breakfast includes pancakes, sausage, and juice. There will also be door prizes to be given out and awards for runners in the following divisions (Top 3). Awards for the top 3 overall for male and female divisions.

- 10 and under (short course approx 1.5mi)
- 11-13 (short course 1.5m)
- 18 and under (5K)
- 19-34 (5K)
- 35-49 (5K)
- 50 and over (5K)

- Age on race day

Thanks to our sponsors!

The race will start on the track and awards and pancake breakfast will be in the courtyard near the commons. High School Teams/Groups of 12 or more may enter as a team for a discounted entry of \$10 per runner/walker. Email for team registration

Entry Fee \$15
Breakfast only \$8
Race Day \$20

Breakfast in included for all runners. Your race bib is your ticket for the breakfast.

Name: _____

Email or address _____

M _____ F _____ Age on Race Day _____

Students: What school do you attend? _____

By accepting my entry to this running event, I herby release and discharge any and all sponsors of this race including Legend HS and the Douglas County School District, from any and all liability resulting from illness, injuries, damages, or accidents I may suffer as a result of my participation in this event. I also understand and agree that the sponsors of this event may use for publicity and/or promotion purposes, my name and/or pictures of my participation without any obligation to me. I have read the entry information provided and agree to comply with the instructions set forth therein. I understand that my entry is a donation and non-refundable. Give-a-ways and door prizes are limited and may not be available to all participants.

x) _____
(signature required) Parent/Guardian if under 18yrs of age