

2023 Legends Cross Country Meet

Saturday, October 7th, 2023 at Trumbull County Fairgrounds - Cortland, Ohio

Presented By: Maplewood High School Running Rockets – www.gopherarun.com/legendsmeet

The goal of the Legends Meet is to inspire young runners by meeting Legends of the sport of distance running.

Past Legends:

2007 - Ann Henderson, Mark Croghan

2008 - Patty Metzler, Alan Scharsu

2009 - Rachel Sauder Kinsman, Scott Fry

2010 - Maggie Infeld, Ricky Pittman

2011 - Bob Schul, Harrison Dillard, Briana Shook, Bernice Holland

2012 - Marc Hunter, Harrison Dillard and Bernice Holland

2013 - Bridget Franek, Bob Lunn

2014 - Bob Mau, Julie Dias Taylor, Joanna Dias Ripple

2015 – John Zishka, Katie Sabino Dugan

2016 – Dave Wottle, Kate Radkewich Burkowski

2017 - Clayton Murphy, Kate Radkewich Burkowski

2018 - Michelle Sikes, Sid Sink, Les Nagy, Sam Bair, Paul Talkington

2019 – Connie Jo Robinson Earls and the Caldwell XC Program

2020 – Meet Canceled due to Covid

2021 – Sunni Olding Lomnicki and Jack Hazen

2022 – Bill Rodgers and Susan Nash Sugar

The 2023 Legends



Frank Shorter - Rare is the distance runner who excels in cross country and on the track and the roads. Even more unique is the athlete whose contributions to running when the stopwatch isn't keeping time are arguably just as good or important.

One such individual is Frank Shorter. In the decade following his rise to national prominence with an NCAA title in the 6-mile run, Shorter won just about every race and championship imaginable in the U.S. and around the world. In the process, according to many, he also was responsible for the start of America's running boom.

Sandwiched between his track championship as a Yale senior in 1969 and his epic marathon victory at the 1972 Olympic Games in Munich, Shorter won the first of four consecutive Fukuoka Marathon titles, a Pan American Games sweep of the 10,000 meters and marathon and a pair of national cross country crowns. A few months after winning the Olympic marathon by more than 2 minutes, Shorter claimed the Sullivan Award as the nation's top amateur athlete.

From 1971-76, Shorter was No. 1 three times and No. 2 twice in the world marathon rankings by Track & Field News, along with 4 top 5 listings in the 10,000 and another top 10 in the 5,000. As a result of these and other running achievements, the resident of Boulder, Colo., was inducted into the U.S. Olympic, National Distance Running and National Track and Field halls of fame.

Years after his competitive career had ended, Shorter still was leading the way in athletics. In 2000, he was elected as the first chairman of the U.S. Anti-Doping Agency, the independent body established a year earlier to conduct drug testing and oversee anti-doping initiatives for the country's Olympic athletes.



Jessica Beard - Depending on who's involved in the discussion, the 400-meter dash is certain to get votes when it comes to the most difficult event on the oval. Despite the demands of the long dash, Jessica Beard made it look easy throughout her high school, college and professional careers.

Specializing in the 400 as a freshman, the Euclid High School standout stayed true to the event, and it proved to be the right fit. Beard was a perfect 4 for 4 in Division I 400 finals in Columbus, moving up the state and national all-time lists in the process.

As a junior in 2006, Beard boosted the Panthers to a share of the runner-up spot in the OHSAA Division I team standings. She finished second in both the 100 and 200 dashes and anchored Euclid to third in the 4x400 relay. The following year, Beard concluded a prep track career that included 11 trips to the state awards podium in grand style. Her 51.63-second clocking to win the 2007 400 final still stands as the Division I meet and overall state records, along with being the 13th fastest lap ever run by a U.S. high school girl.

She then embarked on a collegiate career at Texas A&M that resulted in national and international honors. In 2011, her final year at College Station, Beard won the NCAA indoor and outdoor 400 titles, along with anchoring the victorious 4x400 teams at both championships that year.

She was a 16-time All-American with six national titles, culminating with her receiving in 2011 The Bowerman, the annual award presented to the top collegiate track and field performers.

Globally, Beard represented the U.S. at the U20 and senior world championships, claiming a total of seven gold and two silver medals in global competitions.

The 2023 Legends Cross Country Meet Information

Date and Location

Saturday, October 7th, 2023 - The Legends Meet will be held at the Trumbull County Fairgrounds (4181 Hoagland Blackstub Rd. Cortland, OH). The Fairgrounds offer an excellent facility for cross country meets. Ample parking, sheltered seating and restrooms are available to complement a fast, spectator-friendly course. Maplewood High School will be the host school for The Legends Meet.

Awards

The top four teams in the high school races and the top three teams in the middle school races will receive team picture plaque awards. The top seven members of the winning high school teams and the coach will receive individual awards. The top 25 individuals in team races and the top 10 in open races will receive individual awards. Individual champions in each race will receive picture plaques. Individual awards are presented on the stage by The Legends immediately after the finish of each race. Team awards will be presented by The Legends on the stage in front of the grandstands shortly after the completion of the race.

Entry

Any school may enter the meet through Baum's Page beginning August 1st - baumspage.com

Fees

- \$110 HS Boys (unlimited entries; \$10 per individual if 10 runners or less)
- \$110 HS Girls (unlimited entries; \$10 per individual if 10 runners or less)
- \$80 MS Boys (unlimited entries; \$10 per individual if less than 7 runners)
- \$80 MS Girls (unlimited entries; \$10 per individual if less than 7 runners)
- A "B Team" can be entered in a varsity race for a \$25 fee if enough starting boxes are available

* Each coach submitting a full team into any one of the team races will receive a coach's gift.

* **IMPORTANT - PLEASE NOTE** - Entry fee checks MUST be made payable to: **Maplewood Running Rockets (NOT Maplewood HS)**

and be mailed to: **Legends Meet – c/o Maplewood Running Rockets - 312 Golf Drive - Cortland, OH 44410**

Schedule of Events

- 9:30 Middle School Boys and Girls Open Race - 2 Mile
- 10:00 Middle School Girls Team Race - 2 Mile (Limited to 9 runners per team)
- 10:30 Middle School Boys Team Race - 2 Mile (Limited to 9 runners per team)
- 11:00 *Small Division High School Girls Team Race - 5K (Limited to 9 runners per team)
- 11:30 *Small Division High School Boys Team Race - 5K (Limited to 9 runners per team)
- 12:00 National Anthem / Presentation of The Legends
- 12:15 Elementary Kids Grades 3 and Under - 1/2 Mile - Individual awards given to the top 10 boys and top 10 girls
- 12:25 Elementary Kids Grades 4 through 6 - 1 Mile - Individual awards given to the top 10 boys and top 10 girls
- 12:40 *Large Division High School Girls Team Race - 5K (Limited to 9 runners per team)
- 1:15 *Large Division High School Boys Team Race - 5K (Limited to 9 runners per team)
- 1:45 Open High School Girls Race - 5K
- 2:15 Open High School Boys Race - 5K

***Divisions** - For varsity high school races, two divisions will be used; large and small based upon school enrollment figures. If a school has 220 or less students in grades 9-11 for the given sex, they are considered small school. Schools with 221 or more are large schools. The large school race will be the more competitive race but small schools may enter that division if they wish to compete in the more competitive race. Large schools may not choose to run the small school race, however.

- **Chip timing** will be used with a chip that is attached to the runner's shoe. There will be a bullpen area at the finish of the race where water will be available and chips will be collected. If coaches have runners that do not run or do not finish the race, they must turn in the chips for those athletes at the registration area. Schools will be charged \$10 for each missing chip.
- **Digital Clocks** will be available at the 1 and 2 mile marks for each race.
- **Results** will be available at baumspage.com
- **Concessions** and other vendors will be available beneath the grandstands.
- **Legends Meet T-shirts** will be sold at the registration area.
- **Restrooms** are available under the grandstands and in adjacent buildings.
- **Parking** - There will be a \$5 parking fee per non-team vehicle that will be charged in accordance with fairground policy.
- **Coaches** are asked to please cooperate in advance by:
 - Submitting rosters online at baumspage.com by the midnight deadline on the Sunday before the meet.
 - Ensuring correct chips are securely placed on runners shoes.
 - Returning all chips to the stage after the race.