

## THE MISSION:

The Las Vegas Running **Team's** mission is to promote camaraderie, encourage friendly competition, and to improve the overall fitness level of the residents of Southern Nevada. We wish to elevate the reputation of the running and walking community of Southern Nevada by organizing, promoting, and managing local road races, track and field meets, and cross country meets and by educating them on their fitness needs. We will do this by providing clinics concerning various fitness topics, with regular weekly training sessions to improve the fitness and performance levels of the runners and walkers of Southern Nevada and to help those wanting to compete in local, regional, national, or international competition.

## RACE MANAGEMENT

Let us plan your next event!

The Las Vegas Running **Team** produces quality runs. We provide all the coordination, planning and execution to make your event a success. Races feature computerized timing, professional hosting and everything needed to make your race go off with a blast. *Make your headache go away, let the **Team** plan your 5 or 10 K.*  
Call 450-4788 for information.

## The Las Vegas Running **Team** 2007 Race Schedule

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### The Dream Run

5K Run & 1 Mile Walk  
Sat. January 13<sup>th</sup> - 7:00 a.m.

### President's Day Run

5K Run & 1 Mile Walk  
Sat. February 17<sup>th</sup> - 7:00 a.m.

### Come Catch a Leprechaun

5K Run & 1 Mile Walk  
Sat. March 17<sup>th</sup> - 7:00 a.m.

### Easter Bunny Run

5K Run & 1 Mile Walk  
Sat. April 7 - 7:00 a.m.

### Come Run in the Sun

10K Run & 1 Mile Walk  
Sat. May 26<sup>th</sup> - 7:00 a.m.

### Woman's Distance Run

5K & 1 Mile Walk  
Sat. June 9<sup>th</sup> - 7:00 a.m.

### 4<sup>th</sup> of July 5K Blast

5K Run & 1 Mile Walk  
Wed. July 4<sup>th</sup> - 7:00 a.m.

### Police & Fire Dept.

10K & 5K Run & 1 Mile Walk  
Sat. August 18<sup>th</sup> - 6:00 & 7:00 a.m.

### A Million to One Run

5K Run & 1 Mile Walk  
Sat. September 1<sup>st</sup> - 7:00 a.m.

### Teachers to Students Run

5K Run & 1 Mile Walk  
Sat. September 22<sup>nd</sup> - 7:00 a.m.

### Halloween Monster Run

5K Run & 1 Mile Walk  
Sat. October 27<sup>th</sup> - 7:00 a.m.

### Las Vegas' Turkey Trot

10K & 5K Run & 1 Mile Walk  
Sat. November 17<sup>th</sup> - 6:00 & 7:00 a.m.

### Catch the Gobbler

5K Run & 1 Mile Walk  
Thurs. November 22<sup>nd</sup> - 7:00 a.m.

### Come Run with Santa

5K Run & 1 Mile Walk  
Sat. December 22<sup>nd</sup> - 7:00 a.m.

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For more information contact:  
Dan "The Running Man" Campbell  
3475 Biscaya Circle  
Las Vegas, NV 89121  
(702) 450-4788  
Fax (702) 450-5488

# LAS VEGAS RUNNING **TEAM**



"We are walker friendly"

N E V A D A

Learn more  
about the  
LAS VEGAS  
RUNNING **TEAM**



## RACE MANAGEMENT

- *What is the Las Vegas Running **Team**?*
- *What does the **Team** do?*
- *Why should you join?*
- *Who joins our team?*
- *What if you do not run?*
- *How can you get involved?*

WHAT IS

## THE LAS VEGAS RUNNING TEAM?

The Las Vegas Running Team is an organization that brings runners and walkers from the Southern Nevada area together to promote fitness, friendship and fun. The Team offers a comfortable running or walking environment for people who enjoy doing things outdoors with others who enjoy these same healthy activities. The Team requires no monthly or annual dues and is open to all levels of participants, both young and old.

## WHAT DOES THE TEAM DO?

The Las Vegas Running Team offers training practices each week night and Sunday mornings. Each training practice is located at a participating sponsor's location with designated running or walking courses. The Team also organizes several competitive events per year. Just check out our website for upcoming events from the Las Vegas Running Team.

## WHY SHOULD YOU JOIN?

Do you like to run? Do you like to walk? Do you want to improve your health? Do you prefer to be outdoors? Do you enjoy doing things with other people with similar interests? Do you want to meet people and socialize? Then the Las Vegas Running Team is for you. Treadmills and indoor tracks can get dull and repetitive. So come join the Team outside and do a one to five mile walk or run. You will meet people in all age groups, with different backgrounds and different training goals. Many are out to improve their fitness level, while others are training for specific events. The training practices are friendly and non-competitive. There are training practice locations all around the city; one is bound to be near your work or home. So choose a training day from the schedule that fits your schedule, and come out and train with the Team.

## WHO JOINS

## THE LAS VEGAS RUNNING TEAM?

Doctors, Nurses, Physician Assistants, Physical Therapists, Geologists, Lawyers, CPAs, Office Assistants, Entertainers, Promoters, Business Owners, Clerks, Printers, Casino Employees, Managers, Homemakers, Retirees, Visiting Out-Of-Towners, Students, Grandmothers, Grandfathers, Moms, Dads, Children, etc. and YOU!

## WHAT IF YOU DO NOT RUN?

The Las Vegas Running Team is WALKER FRIENDLY! We promote health and fitness and invite any and all to come out and join us. The Team offers encouragement and support to all its runners. You can walk and progress to running or just improve on your walking. We want to help you on your way to better fitness. You go at your own pace and distance to accomplish your goals.

## HOW CAN YOU GET INVOLVED?

Choose a training day from the schedule, and meet us at a training practice. Be prepared to walk or run and have a good time. If you need any more information or directions to the practices, you can call Dan "The Running Man" Campbell at (702) 450-4788 or visit the website at [www.LasVegasRunningTeam.com](http://www.LasVegasRunningTeam.com)

**MARATHON TRAINING &  
PERSONALIZED  
COACHING! GREAT  
PROGRAM!  
Run with the LVRTeam –  
Fulfill your Dreams!  
Call 450-4788**

## VISITING OUT-OF-TOWNERS WELCOME

### 1, 3 or 5 mile Training Practices

Look for the Las Vegas Running Team Van at these locations

**Mondays: TBA**

**Tuesdays: TBA**

**Wednesdays: Nike Town**

Caesars Palace Forum Shops at 6pm

Enter from Parking Structure door 11

**Thursdays: Findlay Chevrolet**

215 between Rainbow and Jones at 6pm

**Fridays: TBA**

**Sunday Morning: TBA**

## Las Vegas Running Team VIP Mailing List

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Telephone \_\_\_\_\_  
Work Phone \_\_\_\_\_  
Male \_\_\_\_ Female \_\_\_\_  
Age \_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
Comments:

Privacy Policy: The information gathered here, will not be distributed to any other person or organization in any way.

CUT AND RETURN THIS FORM TO THE RUNNING TEAM TABLE AT  
ANY LAS VEGAS RUNNING TEAM EVENT  
OR MAIL TO  
LAS VEGAS RUNNING TEAM  
3475 BISCAYA CIRCLE  
LAS VEGAS, NV 89121

The Las Vegas Running Team supports the Chapman Foundation, which provides cross country scholarships to Southern Nevada youngsters.