

PINEY WOODS



10Mi & 5K Trail Run
Houston, Texas
January 30th, 2010

A 10 Miler and 5K Trail Run in beautiful Lake Houston Wilderness Park Saturday, Jan. 30, 2010 Houston, Texas

- *A trail run in one of the City of Houston's most beautiful parks*
- *Race starts & finishes inside the park near park headquarters*
- *Technical shirt, food, music and post-race refreshments included in entry*
- *Approximately 25 Miles North of Houston on Hwy 59, Exit New Caney*



About This Event: Both races will be chip timed and will start and finish at Lake Houston Park visitors cabin. Both events start at 9 a.m. The 10 Miler will run a mostly single track loop through shady pine forest. The surface is user-friendly, mostly smooth with occasional roots and rocks, and the course profile is relatively flat – great for first-time trail runners. The 5K starts at the same time but will turn off the 10 Mile course to complete a smaller loop. There will be 4 aid stations stocked with HEB Quench sports drink and water. All runners receive a tech shirt and post-race party with refreshments, beer, music and catered BBQ.

Directions: Directions and link to map can be found at <http://www.houstontx.gov/parks/lakehoustonpark.html>

Awards: 1st Overall Open and Master; top three: 29 and under, 30-39, 40-49, 50-59, 60 and up both races.

Online Signup: At www.RunInTexas.com, go to the Piney Woods link and click on 'online signup'

Race day registration & packet pick-up: Lake Houston Wilderness Park, January 30th, 7 a.m. – 8:45 a.m.

Mail Entry: Mail registration to **Run In Texas, 9419 Bluebell Drive, Garden Ridge, TX 78266.**

Fees (no refunds): 10 Miler- \$45 through 12-30-09, \$55 through 1-16-09, \$65 after that and \$70 on race day. 5K- \$35 through 12-30-09, \$45 through 1-16-09, \$55 after that and \$65 on race day.

POLICE, FIRE, MILITARY DISCOUNT (AVAILABLE WITH MAIL IN ENTRIES ONLY): 10 Miler- \$40 through 12-30-09, \$50 through 1-16-09, \$60 after that and \$65 on race day. 5K- \$30 through 12-30-09, \$40 through 1-16-09, \$50 after that and \$55 race day.

Refunds and Rain: There will be no refunds for this race. The race takes place rain or shine, unless the park is closed

For more information: Visit www.RunInTexas.com or contact Race Director Bill Gardner, billyg@satx.rr.com, 210-651-6096.



Please make checks payable to **RUN IN TEXAS** and mail to **9419 Bluebell Dr. Garden Ridge, TX 78266**

PLEASE SELECT AN EVENT - 10 MILE _____ 5K _____

FIRST NAME _____ LAST NAME _____ AGE ON 1-30-10 _____ SEX M/F _____ DATE OF BIRTH _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

T-SHIRT: MEN: S M L XL XXL WOMEN: S M L XL

Waiver and Release

WAIVER AND AGREEMENT (entry form not valid unless signed and dated below): I, the person submitting this entry, am aware that participating in this race event is a potentially hazardous activity, and that I (or my child, if I am signing as parent or guardian) should not so participate unless physically able. I certify that I am (or my child is) medically fit to participate, and will have sufficiently trained for the event prior to participation. I (and my child, if I am signing as parent or guardian) agree to abide by the rules and the decisions of any event officials relating to participation, and assume all risks associated with participation in the event or any associated event or activities, including (but not limited to) falls, contact with other participants, effects of the weather such as high heat and/or humidity, and traffic or road conditions, all such risks being known and appreciated. In consideration of acceptance of the entry fee, and intending to be legally bound, I (and my child, if I am signing as parent or guardian) and anyone entitled to act on my (or our) behalf, assume all risks associated with participation, and waive any and all claims whatsoever against, and fully release, (1) City of Houston Parks and Rec., Run in Texas, Montgomery County, its agents, directors, officers and representatives, and Piney Woods 10 Mile and 5k Trail Run event organizers, (3) all race-day volunteers, and (4) all event promoters and sponsors and their representatives and successors, from any and all claims, damages, liability, or injury of any kind arising to me or by me, whether based upon negligence or any other theory of law, resulting from my (or my child's) participation in this event. I grant full permission to any and all of the foregoing to use my (or my child's) name, or photographs, videotapes, motion pictures, or other recordings of my (or my child's) participation in this event, without obligation or liability to me (and my child). I also understand that my (and my child's) entry fee is nonrefundable. I have read this agreement carefully, and understand it, and certify my agreement by my signature below. NOTE: Runners under 18 years of age must have parent's signature (on parent's signature line) or read and check online waiver.

SIGNATURE _____ DATE _____ PARENT SIGNATURE _____ (IF UNDER 18) DATE _____