2013 T n' T TRAIL RUNS

Toughest in Texas

50K-20M-10M-5M

Waco, Texas

MARCH 16TH, 2013 – WACO, TEXAS- CAMERON PARK – 7th ANNUAL

Events: 50K (31.1 miles) 7:00 a.m. start (10 hour time limit)
20 miler – 7:30 a.m. start (10 hour time limit)
10 miler – 8:00 a.m. start (9 hour time limit)
5 miler – 8:30 a.m. start

Entry Fees: 50K…….$85.00, on or before Feb. 16th, $95.00 after, $100.00 race day.
20M…..$75.00 on or before Feb.16th, $85.00 after, $90.00 race day.
10M…..$60.00 on or before Feb.16th, $70.00 after, $75.00 race day.
5M…….$45.00 on or before Feb. 16th, $50.00 after, $55.00 race day

REGISTRATION: Online registration at: www.edsregistration.com/events/49

Or mail in registration form below.

LOCATION: Start/Finish at the Redwood Pavilion in Cameron Park. 2.1 miles west of Interstate 35. Take the University Parks exit and go west.

COURSE: In beautiful Cameron Park on the banks of the Brazos and Bosque Rivers. A rocky, hilly, rooty, (but fun) trail. Mostly single track.

PACKET PICK-UP: 4:00 – 6:30 p.m. at the Redwood Pavilion on Friday, March 15th, or on race morning.

AID STATIONS: Start/Finish, 3.75 miles, and 7.8 miles of each loop.

AWARDS: Finishers medals to all. Cool-max long sleeve tech running shirt and extras to all entrants. Awards to top 3 male/female Open and Masters. Masters is 50 and over.

POST RACE: hamburgers, hot dogs, soft drinks, beer and water with all the fixins.

CONTACT: Race Director Tim Neckar at 713.724.2611 or email at tim@runnerone.com

VOLUNTEER? If you would like to volunteer, just send an email or call Tim. Free shirt and hat!

NAME _____ 5-0 _____ 2-0 _____ 1-0 _____ Kid-0 _____

ADDRESS _____ t-shirt XL _____ L _____ M _____ S _____ XS _____

CITY _____ STATE _____ ZIP _____ D.O.B. _____

AGE _____ SEX _____ PHONE _____ EMAIL _____

MAKE CHECK PAYABLE TO TIM NECKAR, AND MAIL TO 4403 WIGTON, HOUSTON, TX. 77096

In consideration of the acceptance of this entry, I assume and complete responsibility for any injury or illness which may directly or indirectly result from my participation in the WACO TRAIL RUNS, and I hereby release and hold harmless the director, sponsors, promoters, officials and all persons and entities associated with the event from any and all injury or damages. I state that I run at my own risk.

SIGNATURE _____ DATE _____