



**NEWS RELEASE**

For media inquiries, contact: Nick Wolda  
nwolda@thewoodlandstownship-tx.gov

**Registration open for 10<sup>th</sup> annual TWFG Muddy Trails Bash**

THE WOODLANDS, TEXAS (February 20, 2017) –TWFG Muddy Trails Bash is scheduled for Saturday, April 1, 2017 from 3 to 8 p.m. Now celebrating its tenth year, the multifaceted running event has become a community favorite, with all courses winding through the beautiful 1,800-acre George Mitchell Nature Preserve and concluding at the adjacent Rob Fleming Park in the Village of Creekside Park.

With something for everyone to enjoy, TWFG Muddy Trails Bash features chip-timed 5K and 10K trail runs, the Little Muddy Kids' One-Mile Fun Run and a 2K-9 Dog Fun Run. TWFG Muddy Trails Bash is a USA Track and Field (USATF) sanctioned event. Those interested in running in this event should note that this is not a mud run or adventure race.

All races finish in Rob Fleming Park to a festive post-race party that includes the Muddy Bowl Crawfish Cook-Off, live zydeco music, children's activities and more. Teams wishing to compete in the Muddy Bowl Crawfish Cook-Off can purchase three bags of live crawfish for \$200, five bags for \$300 or seven bags of live crawfish for \$400. Teams will also be provided one 10' x 10' tent, one 8-foot table, five chairs, five badges, serving containers and two parking passes. Awards will be given for Best Crawfish (one judges' choice, one people's choice), Best Cajun Dish and Best Decorated Tent. Concessions will also be available for purchase.

Registration is strongly encouraged now, as TWFG Muddy Trails Bash is a capped event. All participants will receive a TWFG Muddy Trails Bash T-shirt, finisher medal, food and beverages upon completing the race.

Online registration for all the race events is now live at [www.thewoodlandstownship-tx.gov/muddytrailsbash](http://www.thewoodlandstownship-tx.gov/muddytrailsbash). The application to participate in the Muddy Bowl Crawfish Cook-off is also available for download on the same page.

For more information about other events produced by The Woodlands Township Parks and Recreation Department, please visit [www.thewoodlandstownship-tx.gov/parksandrecreation](http://www.thewoodlandstownship-tx.gov/parksandrecreation) or call 281-210-3800.



With courses winding through the beautiful George Mitchell Nature Preserve, TWFG Muddy Trails Bash has become one of the most popular races in the community, and registration is now open for the April 1, 2017 event.