

**NEWS RELEASE**

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## **Registration is open for Muddy Trails Bash and Muddy Bowl**

THE WOODLANDS, TEXAS (February 13, 2019) – As one of the Township’s Signature Races best known for its fun, festive and Zydeco-themed atmosphere, the 12<sup>th</sup> annual Muddy Trails Bash is scheduled for Saturday, April 6, 2019, from 3 to 8 p.m. at Rob Fleming Park. This multifaceted running event features chip-timed 5K and 10K trail runs, the Little Muddy Kids’ Fun Run, a 2K-9 Dog Fun Run and the Muddy Bowl Crawfish Cook-Off.

Participants will enjoy crawfish plates, live zydeco music, children’s activities and more. Courses wind through the beautiful 1,800-acre George Mitchell Nature Preserve. Muddy Trails Bash is a USA Track & Field (USATF) sanctioned event. Please note that Muddy Trails Bash is not a mud run or adventure race.

Residents and visitors to The Woodlands are also invited to show off crawfish boiling skills at the Muddy Bowl Crawfish Cook-Off. Teams will be provided a 10-foot x 10-foot tent, ice, serving containers, parking passes, Harris County Temporary Health Permit and crawfish to compete in the following categories: Best Crawfish, Best Cajun Dish, People’s Choice and Best Decorated Tent. Teams can include up to eight members, and must provide own spices and fire extinguisher.

To learn more about participating in one of the races or the crawfish cook-off, please visit [www.thewoodlandstowship-tx.gov/muddytrailsbash](http://www.thewoodlandstowship-tx.gov/muddytrailsbash) for full details.



*As one of the Township’s Signature Races, the Muddy Trails Bash will take place April 6, 2019, from 3 to 8 p.m. at Rob Fleming Park in the Village of Creekside Park.*



*The Muddy Bowl Crawfish Cook-Off still has openings for teams wanting to compete at the Muddy Trails events. Each team of up to eight members will be given a tent, ice, crawfish and serving containers to showcase their culinary skills.*