



NEWS RELEASE

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Registration now open for Township 2022 races

THE WOODLANDS, TEXAS (December 1, 2021) – Reach those fitness goals and have fun with friends by participating in The Woodlands Township’s Races in 2022! Enjoy the thrill of competition from triathlon to trail running by registering for the Muddy Trails 5K, Run and Done 3.1, Woodforest Bank TRI – The Woodlands, Memorial Hermann 10 for Texas, and the Glow and Go 5K. Registration for all races is now open! Full details are available at www.thewoodlandstowship-tx.gov/races.

Muddy Trails 5K

Offering a fun, festive and zydeco-themed atmosphere, the Muddy Trails 5K takes place on Saturday, February 19, 2022, beginning at 3 p.m. at Rob Fleming Park. This multifaceted running event features a chip-timed 5K and the Muddy Bowl Crawfish Cook-Off. Participants enjoy boiled crawfish, live zydeco music, children’s activities and more. The course winds through the beautiful 1,800-acre George Mitchell Nature Preserve. The Muddy Trails 5K is a USA Track & Field (USATF) sanctioned event. Please note, this is not a mud run or adventure race. To learn more, please visit www.thewoodlandstowship-tx.gov/muddytrails.

Run and Done 3.1

The popular Run and Done 3.1 race returns on Saturday, April 16, 2022, from 7 to 9 a.m. at Rob Fleming Park. The chip-timed 5K course winds throughout the pathway system in Rob Fleming Park, providing a scenic route and a fun, enjoyable atmosphere for participants of all skill levels. Run and Done 3.1 will not offer a post-race party or activities for participants. Awards will be distributed onsite. The race will be sanctioned by USATF. View the calendar listing for more details at <https://www.thewoodlandstowship-tx.gov/Calendar.aspx?EID=9235&month=4&year=2022&day=16&calType=0>.

Woodforest Bank TRI – The Woodlands

Woodforest Bank TRI – The Woodlands offers a beginner-friendly atmosphere, first-rate race management and scenic courses to participants ranging from beginners to nationally ranked triathletes. The USA Triathlon (USAT) sanctioned event takes place on Saturday, May 7, 2022, from 7 to 11 a.m. at Northshore Park. The sprint triathlon is comprised of a 500-meter open water swim in Lake Woodlands, a 12.8-mile bike course winding through The Woodlands and a 5K run along The Woodlands Waterway. A variety of opportunities are available to participants to prepare for Race Day, making it an ideal first-time race for those who are just being



introduced to the sport. Participants should register promptly as the race typically reaches capacity annually. To learn more, please visit www.thewoodlandstownship-tx.gov/thewoodlandstriathlon.

Memorial Hermann 10 for Texas

The annual Memorial Hermann 10 for Texas race is set for Saturday, October 8, 2022, from 7 to 11 a.m., at Northshore Park. The USATF-sanctioned event offers a certified 10-mile course, plus the 3.1 Armadillo Run 5K and One 4 Texas Kids' Fun Run. After the race, participants can refuel and celebrate at the Texas-sized post-race party, featuring great food, beverages and live country music. To learn more, please visit www.thewoodlandstownship-tx.gov/10fortexas.

Glow and Go 5K

New for 2022, the Township introduces the first annual Glow and Go 5K on Saturday, October 29, 2022, beginning at 7 p.m. along The Woodlands Waterway. The chip-timed 5K course will incorporate the full length of the scenic Woodlands Waterway. Participants are encouraged to dress in their best glow costumes in the spirit of Halloween! The race will be sanctioned by USATF and is open to runners of all levels ages 10 and up. Glow and Go 5K will not offer a post-race party or activities for participants. Awards will be distributed onsite. View the calendar listing for more details at <https://www.thewoodlandstownship-tx.gov/Calendar.aspx?EID=9236&month=12&year=2021&day=1&calType=0>.

Early registration for all Township races is encouraged. Races will be capped to ensure a safe and enjoyable experience for all participants.

Give the gift of race registration this holiday season with a gift card! Please email paces@thewoodlandstownship-tx.gov for details.

The Woodlands Township's races benefit and help fund programs and services offered through The Woodlands Township Parks and Recreation Department. For more information about the races, please email paces@thewoodlandstownship-tx.gov.

For more information about The Woodlands Township, please visit www.thewoodlandstownship-tx.gov or call 281-210-3800.



THE WOODLANDS TOWNSHIP

The Woodlands, TX



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