



NEWS RELEASE

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Registration open now for Muddy Trails 5K, Crawfish Cook-Off

THE WOODLANDS, TEXAS (January 21, 2022) –The Woodlands Township invites the community to register for the Muddy Trails 5K race and Muddy Bowl Crawfish Cookoff.

Best known for its fun, festive and Zydeco-themed atmosphere, the annual Muddy Trails 5K takes place on Saturday, February 19, 2022, from 3 to 6 p.m. at Rob Fleming Park. This multifaceted running event features a chip-timed 5K race and competitive Crawfish Cook-Off.

The Muddy Trails 5K and Muddy Bowl Crawfish Cook-Off are produced by The Woodlands Township Parks and Recreation Department and sponsored by Memorial Hermann Sports Medicine, The Strong Firm, Camp Gladiator, Space Cadets Gaming and Raising Cane's Chicken Fingers.

Participants will enjoy crawfish plates, live zydeco music and more. The race course will wind 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. The race registration fee is \$35 and includes a finisher's medal and participant packet. A participant shirt will not be offered for this race.

Residents and visitors of 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 their own spices and fire extinguisher. Registration fees range from \$300 to \$600 depending on the number of desired crawfish bags.

Limited spots are available for both activities, so prompt registration is highly encouraged. To learn more, please visit www.thewoodlandstownship-tx.gov/muddytrails.



The annual Muddy Trails 5K and Muddy Bowl Crawfish Cook-Off take place on Saturday, February 19, 2022, at Rob Fleming Park. Registration is open now for both events at www.thewoodlandstownship-tx.gov/muddytrails.