



NEWS RELEASE

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Register to run The Woodlands in 2023 with Township Signature Races

THE WOODLANDS, TEXAS (January 4, 2023) – Reach your fitness goals while having fun with friends and family by participating in The Woodlands Township’s Signature Races in 2023. Enjoy the thrill of competition from triathlon to trail running with the Muddy Trails 5K, Run and Done 3.1, Woodforest Bank TRI – The Woodlands, Memorial Hermann 10 for Texas or the Glow and Go 5K. All running events are sanctioned by USA Track & Field (USATF), and the Woodforest Bank TRI is a USA Triathlon (USAT) sanctioned event. Registration for all races is open now. Early registration is highly encouraged as most Township races reached capacity in 2022. More information about each race is 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 18, 2023, 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. 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 to The Woodlands Waterway on Saturday, April 8, 2023, beginning at 7 a.m. The chip-timed 5K course will utilize the full length of The Woodlands Waterway, providing a scenic route and a fun, enjoyable atmosphere for participants of all skill levels (recommended for ages 10 and older). After the race, registered participants and their guests can enjoy an egg hunt in Town Green Park! Egg hunt participants must be accompanied by a registered athlete with a race bib. The egg hunt will begin at 8 a.m. and will continue while supplies last. Baskets and buckets will not be provided. Awards will be distributed onsite. Please view the [calendar listing](#) on the Township website for complete details.

Woodforest Bank TRI – The Woodlands

The beginner-friendly Woodforest Bank TRI – The Woodlands is a sprint distance triathlon offering first-rate race management and scenic courses to participants ranging from beginners to nationally ranked triathletes. The race will take place on Saturday, May 6, 2023, beginning at 7 a.m. at Northshore Park.



The event 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.thewoodlandstowntshiptx.gov/thewoodlandstriathlon.

Memorial Hermann 10 for Texas

The annual Memorial Hermann 10 for Texas race is set for Saturday, October 7, 2023, starting at 7 a.m. at Northshore Park. The race 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

Back by popular demand, the second annual Glow and Go 5K will be held on Saturday, October 28, 2023, 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 is open to runners of all levels ages 10 and up. Awards will be distributed onsite, and a post-race party will be available to race participants and their guests offsite, hosted and organized by The Westin at The Woodlands. Please view the [calendar listing](#) on the Township website for more details.

Races will be capped to ensure a safe and enjoyable experience for all participants, so please register promptly to secure your spot!

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 Township's Races, please email aces@thewoodlandstownship-tx.gov.

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



Enjoy the thrill of competition from triathlon to trail running by registering for The Woodlands Township's 2023 Signature Races! Register today at www.thewoodlandstownship-tx.gov/races.