



**NEWS RELEASE**

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**7<sup>th</sup> Annual Muddy Bowl Crawfish Cook-Off seeking cooking teams**

THE WOODLANDS, TEXAS (March 17, 2015) – Crawfish cooking teams are encouraged to enter the Muddy Bowl Crawfish Cook-Off, which takes place at Rob Fleming Park on Saturday, April 4, 2015. Judges will award teams for best crawfish, best Cajun dish and best decorated tent, while spectators will decide which team wins the People’s Choice award.

The Muddy Bowl Crawfish Cook-Off is part of TWFG Muddy Trails Bash, the annual race through the beautiful George Mitchell Nature Preserve, which includes chip-timed 5K and 10K races, a One-Mile Fun Run for children five years old and up, and a 2K-9 fun run for participants to run with their dogs.

Zydeco music performed by Charles Thibodeaux and The Austin Cajun Aces will accompany the crawfish cook-off and Post-Race Party. TWFG Muddy Trails Bash begins at 3 p.m. at Rob Fleming Park, located at 6055 Creekside Forest Drive in the Village of Creekside Park in The Woodlands, Texas 77389.

Space for the Muddy Bowl Crawfish Cook-Off competition is limited, and tent spaces will be assigned on a first-come basis. The entry fee of \$200 includes a 10-foot x 10-foot tent space, one table, five chairs, serving containers, three bags with approximately 80 pounds of crawfish and five badges. Additional badges can be purchased for \$5 each with a maximum of eight cooks/assistants in each tent.

Cooking teams are encouraged to enter as soon as possible. The deadline for entries is 5 p.m. on Friday, March 27, 2015. Applications and rules for the competition are available online at [www.thewoodlandstowship-tx.gov/races](http://www.thewoodlandstowship-tx.gov/races) and questions can be directed to [races@thewoodlandstowship-tx.gov](mailto:races@thewoodlandstowship-tx.gov) or by calling 281-210-3900.