



NEWS RELEASE

Muddy Trails Bash set for April 3, 2010

THE WOODLANDS, TEXAS (March 17, 2010) – Don't miss the Muddy Trails Bash – four great family events in one – on Saturday, April 3, 2010, from 3 to 8 p.m. Participate in the Muddy Trails 5K or Muddy Trails 10K, both USA Track and Field certified and chip-timed, or the new Little Muddy Kids Race, a non-competitive event designed to promote fun and fitness for kids ages 5 to 12. All three courses wind through the beautiful George Mitchell Nature Preserve, located on 1,800 wooded acres adjacent to Rob Fleming Park in the Village of Creekside Park.

In conjunction with the Muddy Trails races, enjoy the Muddy Bowl cook-off from 3 to 8 p.m. at Rob Fleming Park. Taste a sampling of the cook-off teams' entries and vote for your favorite! Enjoy live zydeco music by Tommy Dar Dar Band and take part in crafts, games and activities for the whole family. Admission for spectators and visitors is free.

Feed the whole family at the Muddy Bowl crawfish boil! Plates include crawfish, potatoes and corn. Tickets are only \$5 per person. All Muddy Trails race participants receive one complimentary food ticket. Additional concessions will be available for purchase.

Take advantage of early registration for the three races through March 15. Regular registration is March 16 through April 2, 2010, or you can register the day of the race on April 3, 2010. Register online through March 28, 2010, at www.thewoodlandstownship-tx.gov, in person through April 2, 2010, at The Woodlands Recreation Center, 5310 Research Forest Drive or Luke's Locker, 9595 Six Pines Drive, Suite 1060. Race day registration will be held at Rob Fleming Park from 3 to 4:30 p.m.

For more information about the Muddy Trails Bash, please call The Woodlands Township Parks and Recreation Department at 281-210-3900.

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

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LOGO INCLUDED BELOW: MuddyTrailsBash.jpg

