

“The Trail Run at Bistineau”



Date: Saturday, January 11th, 2020 **Start time:** 8:30 AM

Registration: \$30 until midnight Jan. 3rd

\$35 until 5:30 p.m. Jan. 10th

\$50 race day

Packet Pick-Up: Thurs, Jan. 9th from noon-7:00 p.m. & Fri., Jan. 10th from 10:00 a.m.-5:30 p.m. at Sportspectrum. Race Day starting at 7:30 a.m. at Lake Bistineau State Park. All pre-registered participants will receive a cool race day t-shirt.

You must register before midnight on Jan. 5th to be guaranteed a shirt

Race Course: Both the 10 and 3 mile courses are run on beautifully cut trails that run through Lake Bistineau State Park.

Awards: For both the 3 & 10 mile race. Overall Male & Female, 1st & 2nd Place Male & Female in the following age groups: 19-under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

There is a 3 hour time limit for the 10 mile course. If you feel you cannot complete the 10 miles in 3 hours or under, please consider the 3 mile course. We will not record times for those that are on the course after the 3 hour mark.

This race is race #2 of the Trail run series. Race #3 will be the Trail run at Monkey Trails on Feb. 22nd. The final race will be the Backroads and Bayous race on March 7th.

Post Race: Stick around after the race for burgers and drinks.

GPS directions: Lake Bistineau State Park—103 State Park Road, Doyline, LA 71023 318-745-3503

First _____ Last _____

Address _____

City _____ State _____ Zip _____

Race Distance: 10 Mile Run 3 Mile Run Running the Trail Series?: Yes No

Male or Female Date of Birth ____/____/____

T-Shirt: S M L XL (XXL add \$2.00)

E-mail Address _____

Waiver and Release

In consideration of my being admitted to enter “Trail Run at Bistineau”, I, for myself, my heirs and assigns, executors, and administrators, do hereby forever release and discharge Sportspectrum, Sportspectrum Race Management, and their employees and agents, of and from any and all claims of demands for damages of liability in any manner arising out of participation in such event. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete the event I have entered on. I agree to follow all rules of this race, and to permit myself to be removed from the competition if in the opinion of the Race Administrators my continuing would endanger my health.

Signature _____ Date _____

Parent/Guardian Signature if Under 18 _____