



Trail Run at Bistineau

Date: Saturday, January 29th , 2022

Start time: 8:30 a.m. **Lake Bistineau State Park**

Registration: \$32 until January 26th

\$37 Jan. 27th - Jan. 28th

\$40 Race Day

Packet Pick-Up: Thurs, Jan. 27th from noon-6:00 p.m. & Fri., Jan. 28th from 10:00 a.m.-5:30 p.m. at Sportspectrum. Race Day starting at 7:00 a.m. at Bistineau State Park. All pre-registered participants will receive a cool race day t-shirt.

You must register before midnight on January 20th to be guaranteed a shirt

Race Course: Both distances are run on very nice cut trails through Lake Bistineau State Park.

Awards: For both the 3 & 10 mile race. Overall Male & Female, 1st, 2nd, 3rd 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.

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** _____

Email Address _____

City _____ **State** _____ **Zip** _____

Race Distance: **10 Mile Run** **3 Mile Run**

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 _____