



MARCH 13TH, 2010 – WACO, TEXAS- CAMERON PARK – 5th ANNUAL

Events: 5-0.....50K (31.1 miles) – (7:00 a.m. start – 10 hour time limit)
2-0.....20 miles – (7:30 a.m. start – 10 hour time limit)
1-0.....10 miles – (8:00 a.m. start – 9 hour time limit)

Entry Fees: 5-0.....\$65.00, on or before Feb. 20th, \$75.00 after, \$85.00 race day.
2-0.....\$55.00 on or before Feb.20th, \$65.00 after, \$75.00 race day.
1-0.....\$45.00 on or before Feb.20th, \$55.00 after, \$65.00 race day.

NO ONLINE REGISTRATION!! CHECK OR CASH ONLY. CONFIRMATION OF MAILED ENTRY WILL BE VIA EMAIL.

RACES ARE LIMITED THIS YEAR! 60 RUNNERS IN 5-0, 70 RUNNERS IN 2-0, 80 RUNNERS IN 1-0.

LOCATION: Start/Finish at the Redwood Pavilion in Cameron Park. 2.1 miles west of Interstate 35. Take the University Parks exit and go west.

COURSE: In beautiful Cameron Park on the banks of the Brazos and Bosque Rivers. A rocky, hilly, rooty, (but fun) trail. Mostly single track.

PACKET PICK-UP: 4:00 – 7:00 p.m. at the Redwood Pavilion on Friday, March 12th, or on race morning.

AID STATIONS: Start/Finish, 3.2 miles, and 7.8 miles of each loop.

AWARDS: Finishers medals to all. Running jacket and extras to all entrants. Awards to top 3 male/female Open and Masters. Masters is 50 and over.

POST RACE: Hamburgers, hot dogs, soft drinks, beer and water with all the fixins.

CONTACT: Race Director Tim Neckar at 713.724.2611 or email at tim@runnerone.com

VOLUNTEER? If you would like to volunteer, just send an email or call Tim. Free shirt, hat and food for those who do!

NAME _____ 5-0 _____ 2-0 _____ 1-0 _____

ADDRESS _____

T-shirt XL _____ L _____ M _____ S _____ XS _____

CITY _____ STATE _____ ZIP _____ D.O.B. _____

AGE _____ SEX _____ PHONE _____ EMAIL _____

MAKE CHECK PAYABLE TO TIM NECKAR, AND MAIL TO 4403 WIGTON, HOUSTON, TX. 77096

In consideration of the acceptance of this entry, I assume and complete responsibility for any injury or illness which may directly or indirectly result from my participation in the TNT TRAIL RUNS, and I hereby release and hold harmless the director, sponsors, promoters, officials and all persons and entities associated with the event from any and all injury or damages. I state that I run at my own risk.

SIGNATURE _____ DATE _____