



“The Trail Run at Bistineau”

Date: Saturday, February 18th, 2017 **Start time:** 8:30 AM

Registration: \$30 for the 3 mile run until Feb. 17th **Race Day—\$35**
\$35 for the 10 mile run until Feb. 17th **Race Day—\$40**

Packet Pick-Up: Thurs, Feb. 16th from noon-7:00 p.m. & Fri., Feb. 17th from 10:00 a.m.-5:30 p.m. at Sportspectrum.
Race Day starting at 7:30 AM at Lake Bistineau State Park.

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

Awards: 10 Mile Run: Top 5 Overall Male/ Females, Top 2 Grand Masters Male/Female

3 Mile Fun Run: Top 3 Male/Female Overall, First Masters Male/Female

This race is race #2 of the Trail run series. The final race will be the Backroads and Bayous race on March 25th

Trail Run Series: If you run all three races for the Monkey Trails, Trail Run at Bistineau and the Backroads & Bayous Trail run you will be eligible for a trail run series award. The Top 10 male and female finishers in each race distance will receive an award.

if you sign up for either the 10 mile or 3 mile run at the Monkey Trails, you must do the 10 mile run at Bistineau and at Backroads and Bayous to be eligible. You cannot do the 10 mile at one and the 3 mile at the others.

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 Fun 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 _____

Register Online @ www.sportspectrumusa.com or

Mail to: Sportspectrum, 6970 Fern Ave., Shreveport, LA 71105

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 _____