



## SIGNUP ONLINE AT

[www.sportspectrumusa.com](http://www.sportspectrumusa.com)

**Location:** Eddie D. Jones Recreation Park (12 miles SW of Shreveport, LA) or go to [www.locomtb.com](http://www.locomtb.com) for more trail info. See map to right.

**Start:** 7:30AM all distances (8 hour time limit)

**Course:** Course will be outstanding roller coaster single-track trails through hardwood bottoms, shady pine stands and bamboo thickets, with a few wide horse/jeep trails.

No headphones or animals allowed on the course.

**Aid:** Fully stocked aid stations.

**Packet:** Includes Race Shirt and other goodies for all pre-registered participants.

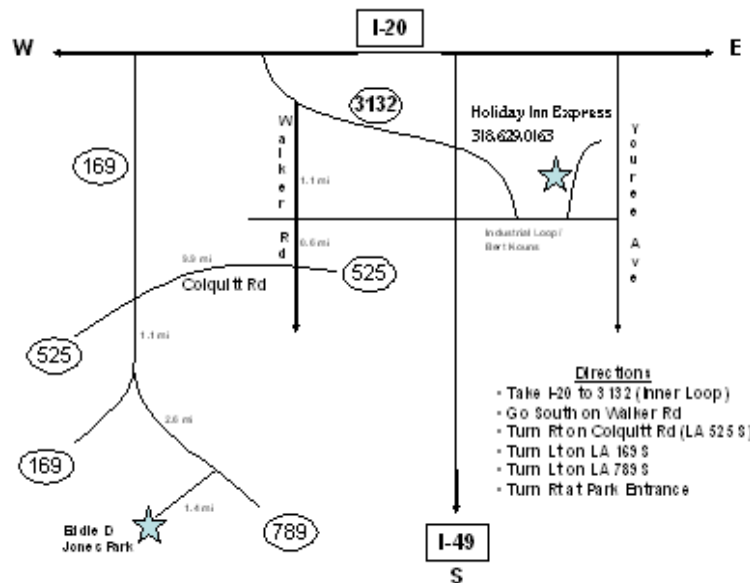
**Pick-Up:** Thursday Nov.12 from noon to 7pm & Friday Nov.13 until 6:00pm at Sportspectrum. Race Morning from 6:15 to 7:15am at the race site.  
7607 Youree Dr, Shreveport, LA 71105  
Saturday at race site starting at 6:15AM.

**Awards:** Top 3 Male & Female Overall  
Top 2 Masters (40-49) Male & Female Overall  
Top 2 Grand Masters (50-59) Male & Female Overall  
Top 2 Mega Masters (60+) Male & Female Overall  
**FOR EACH DISTANCES!**

### Post Race Food and Drinks!

**Lodging:** See Underneath Map to the right -->  
Eddie D. Jones Recreation Park:  
Primitive camping available at Park. Contact:  
Doug Rainwater at: [dlrainwater@bellsouth.net](mailto:dlrainwater@bellsouth.net)

**Race Director: Justin Reneau**  
[justin@sportspectrumusa.com](mailto:justin@sportspectrumusa.com) or 318-798-1241



Lodging Cont: Holiday Inn Express  
8751 Park Plaza  
Shreveport, LA 71105

### Announcement!

We are proud to announce that all proceeds will go to Extreme Missionary Adventures better known as XMA. ([www.xmaonline.com](http://www.xmaonline.com))

#### What is XMA?

XMA is a non-profit organization dedicated to helping volunteers make a positive impact on their world. Our volunteers share the love of Jesus with overlooked people in remote locations around our world and help with human needs such as medical, dental, construction, educational and other basic needs. Our lives have been changed for the better by what Christ did for us. We now want to help others with their physical needs, but more importantly show them how they can have lasting peace in their lives.

#### XMA Needs you...

There are many people that are willing but are not able to go out into remote lands across the world. XMA needs people who are both willing and able. If you are signed up for this race or are thinking about signing up then you are probably able. Think about it...

Please visit [www.xmaonline.com](http://www.xmaonline.com) for more information.



### Waiver & Release

I understand that my participating in the Louisiana Trail Run may subject me to injuries/and or illnesses. I also understand that preparations by race management are subject to change. In consideration of acceptance of this application by the race director, I forever waive, release and discharge any and all rights, demands, claims for damage and cause of suit or action that I may have against any and all participating race sponsors, Sportspectrum, Justin Reneau, XMA, Cytosport, Caddo Parks, LifeWay, supporters, volunteers and associates. I am physically fit and sufficiently trained in this race. I agree to follow all rules of this race, and to permit myself to be removed from the race if in the opinion of the race administrators my continuing would endanger my health.

Sign \_\_\_\_\_

Date \_\_\_\_\_



# Louisiana Trails

50K/Marathon/Half Marathon

Eddie D. Jones Recreation Park

Saturday, November 14, 2009

Brought to you by: Life Way Christian Store, Sportspectrum, XMA

50K \$45 on or before Oct 26; \$65 After

Half Marathon \$35 on or before Oct 26; \$55 After

Marathon \$45 on or before Oct 26; \$65 After

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

M or F                      Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

ZIP \_\_\_\_\_

E-Mail \_\_\_\_\_

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

[Where to Register](#)

Online @ [www.sportspectrumusa.com](http://www.sportspectrumusa.com)

Or mail entry form to:

Sportspectrum

6970 Fern Ave

Shreveport, LA 71105

Please make checks payable to: Sportspectrum.

No entrants under the age of 18 admitted without Race Director's approval.

Office Use Only:

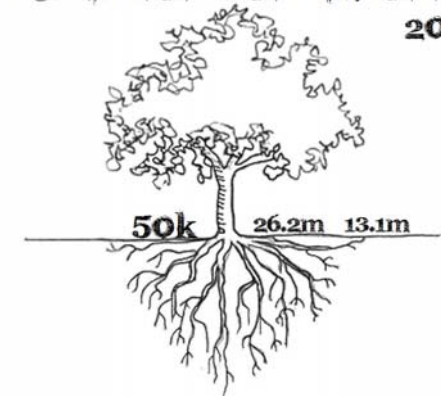
Amount Paid \_\_\_\_\_ Check# \_\_\_\_\_ Date \_\_\_\_\_



# LifeWay

is proud to present the

## louisiana trails 2009



# SATURDAY NOVEMBER

# 14th, 2009

# 7:30am Start

## Off-Road Trail Run

50k, 26.2m, 13.1m