

Toughest 10K Kemah-Seabrook Bridge

Date: Sunday, September 18, 2016
Race Start Time: 7:30 AM
Start and Finish: Kemah Boardwalk (free parking)
Distance: 10K, chip timing
Time Limit: 2-h time (strictly enforced!)
Course: Flat and easy and then the "Tough" part, 4 passes (2 complete loops) over the Kemah/Seabrook Bridge. Then, it's downhill (not really) to the finish!

Further Information & Online Registration:
<http://www.onetough10k.org/>
Registration Entry Deadline & Fees:

	Kemah Only	Bridge Series
Register by July 31, 2016	\$35	\$130
Aug 1 – Sept 14, 2016	\$40	\$155
Sept 15 – Sept 18, 2016	\$45	\$160
Race Day	\$55	\$170

Every participant receives a personalized bib (signup by 8/14), technical shirt, medal (for finishers), post-race party that includes ice cream and watermelon. First 1500 participants will receive a hat. No runner under the age of 13 may participate unless accompanied at all times by an adult.

Awards: \$75 overall male and female, \$50 overall masters male and female. Awards for the top three age group finishers. 5 year increment age group award. No double awards will be given.

Part of the Texas Bridge Series: Toughest 10K Kemah-Seabrook (Sept 18), Toughest 10K Galveston (Oct 15), La Porte Half Marathon (Nov 20). Complete all races and earn a 4th medal. Register for all 3 races now or later individually. For more information, <http://www.runningalliancesport.org/>

Toughest 10K Kemah-Seabrook Bridge 2016 - REGISTRATION FORM

Make check payable to Running Alliance Sports. Mail in entries must be postmarked by September 10, 2016!
 Mail in completed form to: Running Alliance Sport, PO Box 1482, Friendswood TX 77549

First Name: _____ Last Name: _____

Age (race day): _____ Date of Birth: _____ Gender: M ___ F ___

Personalized name on bib (received by August 14): _____

Tech Shirt Size (Circle One): Men: S M L XL XXL Women: WXS WS WM WL WXL
 (Register by August 14 to guarantee your shirt size)

Street Address: _____ City: _____ State: _____ Zip: _____

Phone Number: (____) _____ Email: _____

Club Affiliation (if any): _____

Emergency Contact: Name _____ Contact Phone Number: _____

Running Alliance Sport Race Towel (Custom Fiber Reactive Beach Towel 30"X60") ? ___ Yes (Add \$15) ___ No

Total Amount Enclosed \$ _____ Check one: Kemah Only ___ Texas Bridge Series ___

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, & administrators, forever waive, release and discharge any and all rights & claims for damages and causes of suit or action, known or unknown, that I may have against the Toughest 10K Kemah, Running Alliance Sport, The Bay Area Running Club, The City of Seabrook, The City of Kemah, Galveston County and Harris County and all other political entities, all independent contractors and construction firms working on or near the course, all Toughest 10K Event committee persons, officials and volunteers and their officers, directors, employees, & all sponsors of the event, & the related race events & their officers, directors, employees, agents & representatives, successors, & assigns for any and all injuries suffered by me in this event. I attest that I am physically fit and am aware of the dangers & precautions that must be taken when running in warm or cold conditions, & have sufficiently trained for the completion of this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the event. I further assume and will pay my own medical & emergency expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expense. Further, I hereby grant full permission to the Houston Toughest 10K and/or agents hereby authorized by them to use any photographs, videotapes, motion pictures, recording or any record of this event for any legitimate purpose at any time. I further understand that there are no entry refunds, exchanges, transfers or rollovers and the event may be cancelled due to any of the following reasons; among others, including, city orders, weather conditions, natural disasters, or the threat to local and/or national security including suspected terrorist activity. I have read this waiver carefully & understand it. Applications for minors accepted only with parent or guardian's signature.

Signature: _____ Date: _____

This entry is invalid unless signed by the entrant (or a parent or guardian if the entrant is under 18 years of age)

