

# Toughest 10K Kemah-Seabrook Bridge

**Date:** Saturday, September 21, 2013  
**Race Start Time:** 7:30 AM  
**Start and Finish:** Kemah Boardwalk (free parking)  
**Distance:** 10K, chip timed  
**Time Limit:** Two (2) hours  
**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, 2013	\$30	\$130
Aug 1 – Sept 20, 2013	\$35	\$140
Race Day	\$40	\$150

Every participant receives a personalized bib (signup by 8/19), technical shirt, medal (for finishers), post-race party that includes ice cream and watermelon. 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 21), Toughest 10K Galveston (Oct 19), La Porte Half Marathon (Nov 17). 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 2013 - REGISTRATION FORM

Make check payable to Running Alliance Sports. Mail in entries must be postmarked by September 13, 2013!

Mail in completed form to: Running Alliance Sport, PO Box 1482, Friendswood TX 77549

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Age (race day): \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Preferred name on bib (register up by August 19): \_\_\_\_\_

Tech Shirt Size (Circle One): Men: S M L XL XXL Women: WXS WS WM WL WXL  
(Register by August 19 to guarantee your shirt size)

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

**Race Day Emergency Contact:** Name \_\_\_\_\_ Phone Number: \_\_\_\_\_

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 Houston Toughest 10K, Running Alliance Sport, The Clear Lake Fitness Club, 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)