



[www.onetough10k.com](http://www.onetough10k.com)

This is the fourth annual "Toughest 10K" run hosted by Bay Area Running Club and Clear Lake Fitness Club.

The run starts out fast and easy on the Kemah boardwalk. Then comes the "Tough" part - two passes over the Seabrook/Kemah bridge. From there it's downhill (not really) to the finish.



Race benefits  
Bridge Over  
Troubled Waters.

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September 17, 2011

Kemah/Seabrook, Texas

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## Registration Fees

### Registration

On-line at

[www.onetough10k.com](http://www.onetough10k.com)

OR - Mail in by 9/13/2011  
ImAthlete P.O.Box 667  
Santa Monica, CA 90401

If mailing entry, make checks payable to  
Imathlete LLC

Price: \$30 through August 15, 2011  
\$35 by September 12, 2011  
\$40 Race Day

For more information:  
[www.onetough10k.com](http://www.onetough10k.com)

## Freebies & Awards

All Participants will receive:

- T-shirts & Name on Bib (sign up by 8/15)
- Hat or Socks • Chip Timing
- Medals to all Finishers • Free Parking
- Free massage • Food • Refreshments
- Party • Music • Free Ice Cream
- Aid Station every 2 miles

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

## Packet Pick-up & Registration

Packets will be available for pick-up  
Sept. 16, 2011, from 12:30 p.m.-6:00 p.m. at  
On The Run, 2427 Bay Area Blvd., Houston,  
TX 77058. 281-480-5388 or race day.  
Race day pick-up and registration will  
be from 6:30 a.m. to 7:15 a.m.

## Course

The run starts out fast and easy on the  
Kemah boardwalk. Then comes the  
"Tough" part - two passes over the  
Seabrook/Kemah bridge. From there  
it's downhill (not really) to the finish.

## Start Time

Start and finish on the  
Kemah Boardwalk.  
Start 7:30 a.m.



## Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Email (print) \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Age on 9/17/11 \_\_\_\_\_

Date of Birth \_\_\_\_\_

T-Shirt Size: Adults **XS S M L XL XXL** (circle one)

Date: \_\_\_\_\_ Total Amount Enclosed \$ \_\_\_\_\_

By signing this application for the Houston Toughest 10K I acknowledge and agree to the waiver below: Waiver of Liability: 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, The Clear Lake Fitness Club, The Bay Area Running Club, The City of Seabrook, The City of Kemah, and Harris County and all other political entities, The City of Seabrook, The City of Kemah 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.

Signature (entry invalid without signature)

## Sponsors

