

This is the second 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 Water and Amy Earnest.



## Registration Fees

### Early Registration

On-line at  
active.com

[Register Online](#)

Mail in by 9/12/2009  
Toughest 10k  
3811 Hickory View Court  
Friendswood, TX 77546

Drop off at On The Run 2427 Bay Area Blvd.  
Houston, Texas 77058

Make checks payable to "Toughest 10K"

\$25.00 through 9/12 \$30.00 through 9/18  
\$35.00 on Race Day

By 6:30 am on Race Day – for more info:  
832-423-7451



## Packet Pick-up & Registration

Packets will be available for pick-up on 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..

## Awards

\$75 overall male and female. \$50 overall masters male and female. Trophies for the top three age group finishers in the following categories: 19 and under, 20-24, 25-29,30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. No double awards will be given. All participants will receive t-shirts.

## Start Time

**7:30 a.m. Kemah Boardwalk**



## Entry Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

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

Email: \_\_\_\_\_

Male [ ] Female [ ]

Age on 9/19/09 DOB \_\_\_\_\_

T-shirt size:  
Adults S [ ] M [ ] L [ ] XL [ ]

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

In consideration of my signed entry I waive my rights and claims for damages against the sponsors and producers of this event and the cities of Seabrook and Kemah. I attest I am physically fit and I understand the fees are non-refundable. This entry is invalid unless signed by entrant. If entrant is under 18 years of age, parent or guardian must sign entry. One entrant per form; copies are accepted.

\_\_\_\_\_  
Entry invalid without signature

