



# Galveston Sand Crab 5K & 10K Nighttime Beach Run

Saturday, Aug 14, 2010 in Galveston, Texas  
**9 p.m.** start/finish at Porretto Beach  
 10<sup>th</sup> and Seawall, Galveston, TX 77550

**Limited to the 1<sup>st</sup> 500 Entrants!!!**



- Surfside course marked with tiki torches, mile markers and glow sticks
- Post-race BBQ, technical shirt to all registered participants
- Chip timing, awards in 5-year increments, Overall and Masters
- Headlamps or flashlight required (Fit to Run has them in stock.)
- **SHIRTS GUARANTEED TO THOSE WHO REGISTER BY 7-27-10**

**Preregistration:** By mail-in entry or online at [www.RunInTexas.com](http://www.RunInTexas.com)

**Packet Pickup** in Galveston at **Fit to Run Galveston**, 528 23<sup>rd</sup> St., Friday, Aug 13<sup>th</sup> 10am to 7pm AND on Sat Aug 14<sup>th</sup> 11am to 2pm and at the race start at **Porretto Beach**, 10<sup>th</sup> and Seawall, 7:30 pm to 8:45 pm.

**Mail Entry:** 9419 Bluebell Drive, Garden Ridge, TX 78266. Please make checks payable to Run In Texas.

**Time Limit:** 2 hr cut off for 5K (very walker friendly, 38 min miles) and the 10K (somewhat walker friendly, 19 min miles).

**Fees (no refunds):** 5K: \$35 through 7-14-10, \$45 through 7-31-10, \$55 through 8-7-10 and \$60 on race day.

10K: \$40 through 7-14-10, \$50 through 7-31-10, \$60 through 8-7-10 and \$65 on race day.

**Military, Police, Fire Discount-** 5K- \$30 through 7-14-10, \$40 through 7-31-10, \$50 through 8-7-10 and \$55 on race day.

10K- \$35 through 7-14-10, \$45 through 7-31-10, \$55 through 8-7-10 and \$60 on race day.

**About the race:** Run or walk under the stars on a beautiful Galveston Beach, guided by tiki torches and glow sticks. After, enjoy a bonfire, catered BBQ and music. The course starts at Porretto Beach and runs east before turning around and heading back to the finish. Both the 5K and 10k have a 2-hour cut off; 10K runners must be at the 3.1 mile turnaround within 1 hour. Runners **MUST** run with a flashlight or head lamp. There will be 2 waterstops with HEB Quench sports drink and water; 10K runners will hit aid stations 4 times, 5K runners will hit aid stations twice. After finishing runners will enjoy a BBQ feast and cold cerveza for those of age. Extra BBQ plates available for non-runners for \$10 (this is a good deal).

**Refunds and Rain:** *There will be no refunds for this race. The race takes place rain or shine. If hazardous conditions such as flooding or lightning are imminent, the race may be delayed or cancelled.*

**RACE CONTACT INFO:** [www.RunInTexas.com](http://www.RunInTexas.com); Race Director Bill Gardner, 210-651-6096, [billyg@satx.rr.com](mailto:billyg@satx.rr.com)

*Please make checks payable to **RUN IN TEXAS***



FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_ AGE ON 8-14-10 \_\_\_\_\_ DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_ SEX M F

T-SHIRT: MEN: S M L XL XXL WOMEN: S M L XL NUMBER OF EXTRA MEALS AT \$10 EACH: \_\_\_\_\_

**WAIVER AND AGREEMENT:** I, the person submitting this entry, am aware that participating in this race event is a potentially hazardous activity, and that I (or my child, if I am signing as parent or guardian) should not so participate unless physically able. I certify that I am (or my child is) medically fit to participate, and will have sufficiently trained for the event prior to participation. I (and my child, if I am signing as parent or guardian) agree to abide by the rules and the decisions of any event officials relating to participation, and assume all risks associated with participation in the event or any associated event or activities, including (but not limited to) falls, contact with other participants, effects of the weather such as high heat and/or humidity, and traffic or road conditions, all such risks being known and appreciated. In consideration of acceptance of the entry fee, and intending to be legally bound, I (and my child, if I am signing as parent or guardian) and anyone entitled to act on my (or our) behalf, assume all risks associated with participation, and waive any and all claims whatsoever against, and fully release, (1) Porretto Beach, The City of Galveston, Galveston Parks Board, Run in Texas, its agents, directors, officers and representatives, and Sand Crab 5K & 10K, (3) all race-day volunteers, and (4) all event promoters and sponsors and their representatives and successors, from any and all claims, damages, liability, or injury of any kind arising to me or by me, whether based upon negligence or any other theory of law, resulting from my (or my child's) participation in this event. I grant full permission to any and all of the foregoing to use my (or my child's) name, or photographs, videotapes, motion pictures, or other recordings of my (or my child's) participation in this event, without obligation or liability to me (and my child). I also understand that my (and my child's) entry fee is nonrefundable. I have read this agreement carefully, and understand it, and certify my agreement by my signature below. NOTE: Runners under 18 years of age must have parent's signature (on parent's signature line) or read and check online waiver.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ PARENT SIGNATURE & DATE \_\_\_\_\_ (IF UNDER 18)