



Galveston Sand Crab 5K/10K & Kid's Mile Nighttime Beach Run

Saturday, September 6, 2014 in Galveston, Texas
8p.m (Kid Mile) & 8:30 p.m. 5/10K start at Porretto Beach
10th and Seawall, Galveston, TX 77550

- Surfside beach course marked with flashing lights and glow sticks
- Post-race BBQ, technical shirt to all registered participants
- Chip timing, awards in 5-year increments, Overall and Masters
- **All runners must carry a headlamp or flashlight!**



FLEET FEET
Sports



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race news &
updates!

PREREGISTRATION: By mail-in entry or online at www.RunInTexas.com/gcrab

PACKET PICKUP: *There will be NO race-day packet pickup at the beach. Advance packet pick-up is required!* **IN HOUSTON:** Wed, September 3rd at Fleet Feet 2408 Rice Blvd, 10 am to 7 pm and Thursday September 4th at Fleet Feet., 10 am to 2 pm. **IN GALVESTON:** at Galvestonian Condos, Fri. Sep 5th, 10AM-6PM and Sat. Sep 7 from 10am to 4pm. **MAIL ENTRY:** 9419 Bluebell Drive, Garden Ridge, TX 78266. Make checks payable to Run In Texas.

FEES: **Kid Mile:** \$20 and \$25 on race day; **5K:** \$45 through 8-6, \$55 through 8-23, \$65 after that and \$70 race day; **10K:** \$50 through 8-6, \$60 through 8-23, \$70 after that and \$75 on race day.

MILITARY/POLICE/FIRE DISCOUNT: \$5 discount via mail in registration only; copy of ID required at pickup

RACE HOTELS: Galvestonian. Call and ask for their Sand Crab specials- (409) 765-6161

ABOUT THE RACE: Run or walk under the stars on a beautiful Galveston beach, in the sand. Orange flashing lights and glow sticks mark the course. **IT WILL BE DARK: you MUST bring a headlamp/flashlight.** 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; all participants must be at their turnaround within 1 hour. Aid stations feature HEB Quench sports drink and water; 10K runners hit aid stations 4 times, 5K runners hit aid stations twice. After the run, enjoy a plate of catered BBQ, cold beer (for ages 21 and up) and music at the finish line. Extra BBQ plates available by pre-order for non-running guests for \$15.

REFUNDS AND RAIN: *There will be no refunds for this race. The race takes place rain or shine.*

Race may be delayed or cancelled if hazardous conditions such as flooding or lightning are imminent.

RACE CONTACT: info@runintexas.com, Updates at Run in Texas Facebook Page and Twitter

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

SELECT AN EVENT: 5K _____ 10K _____ Kid Mile _____

FIRST NAME _____ LAST NAME _____ AGE ON 9-6 DOB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____ SEX M F

CHOOSE PACKET PICKUP SITE: Fleet Feet Rice Blvd _____ Galveston _____



T-SHIRT: MEN: S M L XL XXL WOMEN: S M L XL Kid (Cotton) S M L **NUMBER OF EXTRA MEALS AT \$15 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)