



South Padre Island Sand Crab 5K/10K/Kid Mile Nighttime Beach Run

Saturday, April 26, 2014

8:30 p.m. start, 8PM for Kid Mile
at La Quinta Inn & Suites South Padre
7000 Padre Blvd., South Padre Island, TX 78597



- Surfside beach course marked with LED tiki torches and glow sticks
- Post-race BBQ, technical shirt to all registered participants
- Cotton Shirt for Kid Milers
- Chip timing, awards in 10-year increments, Overall and Masters
- **All runners must carry a headlamp or flashlight!**

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

PACKET PICKUP: *Advance packet pick-up is required!*

Thur/Fri. Apr 24/25: Noon - 6PM at Foot Works 2224 S 77 Sunshine Strip, Harlingen, TX 78550 and
Sat. Apr. 26 on South Padre: 3-6PM at La Quinta Inn & Suites, 7000 Padre Blvd.

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 3-26, \$55 through 4-12, \$65 after that and \$70 on race day. **10K:** \$50 through 3-26, \$60 through 4-12, \$70 after that and \$75 on race day.

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

RACE HOTEL: La Quinta Inn & Suites, www.laquintaspi.com and Hilton Garden Inn, 1-956-761-8700. They are next door to each other. Ask for Sand Crab Rate.

ABOUT THE RACE: Run or walk under the stars on a beautiful South Padre Island beach. Flashing yellow lights and glow sticks mark the course. **IT WILL BE DARK: you MUST bring a headlamp/flashlight.** The course starts at La Quinta Beach Resort and runs south before turning around and heading back to the finish. **Both the 5K and 10K have a 2-hour cut off;** all runners must reach 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 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, www.runintexas.com



Find Run In Texas on Facebook for race news & updates!



Please make checks payable to **RUN IN TEXAS** SELECT AN EVENT: 5K _____ 10K _____ Kid's Mile _____

FIRST NAME _____ LAST NAME _____ AGE ON 4-26 _____ DOB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____ SEX M F

T-SHIRT: MEN: S M L XL XXL WOMEN: S M L XL Kid: S M L XL NUMBER OF EXTRA MEALS AT \$15 EACH: _____

TOTAL AMOUNT ENCLOSED: _____



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) The City of South Padre Island, La Copa Inn & Suites Beach Resort, 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)