



South Padre Island Sand Crab 5K & 10K Nighttime Beach Run

Saturday, April 30, 2011

8:30 p.m. start

at La Copa Inn & Suites Beach Resort

350 Padre Blvd., South Padre Island, TX 78597

- Surfside beach course marked with tiki torches and glow sticks
- Post-race BBQ, technical shirt to all registered participants
- 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

PACKET PICKUP: Advance packet pick-up is required!

- Fri. Apr. 29: Noon - 3PM at Academy Sports & Outdoors, 4305 Old Highway 77 in Brownsville.
- Sat. Apr. 30 on South Padre: 3-6PM at La Copa Resort, 350 Padre Blvd.

MAIL ENTRY: 9419 Bluebell Drive, Garden Ridge, TX 78266. Make checks payable to Run In Texas.

FEES: 5K: \$40 through 3-30-11, \$50 through 4-16-11, \$60 after that and \$65 on race day.

10K: \$45 through 3-30-11, \$55 through 4-16-11, \$65 after that and \$70 on race day.

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

RACE HOTEL: Special Sand Crab rates at La Copa Inn & Suites Beach Resort, www.lacoparesort.com.

ABOUT THE RACE: Run or walk under the stars on a beautiful South Padre Island beach. LED tiki torches and glow sticks mark the course. **IT WILL BE DARK: you MUST bring a headlamp/flashlight.** The course starts at La Copa 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 \$10.

TRANSPORTATION: Round-trip motorcoach available for \$40 per person. Depart San Antonio at 8AM Sat. Apr. 30 at Probandt Parking, 840 Probandt (free parking); depart South Padre at 11AM Sun May 1. Space is limited; reserve early.

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: www.RunInTexas.com; Race Director Bill Gardner, 210-651-6096, billyg@satx.rr.com



RUN IN TEXAS
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 _____

FIRST NAME _____ LAST NAME _____ AGE ON 4-30-11 _____ DOB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____ SEX M F

CHOOSE PACKET PICKUP SITE: Academy in Brownsville (Fri. 4/29) _____ La Copa Beach Resort (Sat. 4/30) _____

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

NUMBER OF BUS PASSENGERS AT \$40 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)

