



CREEP 'N CRAWL

10K 5K
'LIL MONSTERS DASH
OCTOBER 26, 2019

PARTICIPANT RACE GUIDE

We're Frightfully Social – Join Us!

#LRCREEPnCRAWL



IMPORTANT NOTICE: Please read the following information to be informed and avoid calamity. If we have not answered your question, please email glamm@littlerock.gov or check Facebook for updates.

PACKET PICK UP

Saturday, October 26

3 pm to 4:45 pm

Registration Tent at Two Rivers Park

- We will not mail 10K, 5K or Lil' Monster Dash race packets.
- You will need a photo ID that matches the registration to pick up a race packet.
- Ghost Race participants packets will be mailed out race week and will not be at packet pick up.

RACE DAY SCHEDULE OF EVENTS*

Two Rivers Park

6900 Two Rivers Park Rd

Little Rock, AR 72223

3 – 4:45 pm	Packet Pick Up
4:30 pm	Lil' Monsters Kids Dash Start
5 pm	10K Start
5:15 pm	5K Start
7 pm	Costume Contest Awards Ceremony

** times are subject to change*

PARKING

NO Parking on the course! Parking will be limited so please try to carpool. Volunteers will be on hand to make sure you get parked correctly. Because of the number of cars we are anticipating this year and limited space, please park in the designated areas. Please watch for parking signs and the volunteers.

TIME LIMIT

10K: 2 hours

5K: 1 hour

Virtual Ghost Run: 7 days

TIMING

Both the 10K and 5K will be timed using a disposable timing chip, which is attached to each participant's race number. This chip requires no battery, is lighter than a feather and has a built in microprocessor customized to ensure maximum reads even during the most challenging of conditions.

- no chips or tags to return post-race.
- official results will be available at the results tent with live scrolling results on TV Monitors and touch screen kiosks.
- Results will also be posted on the website after the race.

COURSE & AID STATIONS

The course runs on the paved trails at Two Rivers Park and the Arkansas River Trail, combining the safety of a smooth surface and the autumn beauty of Two Rivers Park.

- The course is on paved trails and some areas may be a bit dark. Flashlights, lanterns or head lamps are strongly encouraged.
- Courses are out and back. Please stay to your right. In other words, please allow faster athletes to pass.

RACE NUMBERS

All participants **MUST** wear their race number on the FRONT outer most layer of clothing. It must be visible during the race. ***DO NOT give your number to another person. You will be disqualified.*** Please see RULES OF COMPETITION for penalties.

COSTUMES

There is no better way to celebrate Halloween than to race the Creep 'N Crawl in your favorite costume! Don't worry, you can still dress as a human if you are afraid to show your true nature. Judges will be along the course to determine the finalists.

Please test your costume before race day to avoid the any problems like chafing, movement restriction, overheating or malfunctions.

Categories (*1 winner in each category*):

- Best Adult Costume
- Best Child Costume
- Creepiest Costume
- Funniest Costume
- Best Home Made Costume Adult
- Best Home Made Costume Child
- Best Couple Costume (costumes with two people)
- Best Group Costume (3 or more people)

Costume Contest Rules:

- *No real weapons*
- *No real or fake guns*
- *Must be a registered participant and complete the race in their costume to be eligible for awards.*
- *Race number must be visible to be judged for the Costume Contest. Winners will be announced by their race number. Please keep your race bib number on or have it handy for verification purposes.*
- *Costumes should be family-friendly.*
- *Couples and Groups must come to the judging table together to be eligible*
- *Must be present at the awards ceremony to receive an award. Awards will not be mailed.*
- *Judges will be looking for originality, authenticity, overall theme and craftsmanship!*

AWARDS

Only the top 10 men and top 10 women of each race will be recognized at the finish line. Awards are courtesy of Hasty Awards. There are no age group awards.

RULES OF COMPETITION

The most important thing is to have fun and enjoy your race, but we do have some basic rules that will ensure that things run smoothly.

- *Race officials reserve the right to remove a participant from the course. If, in their judgement, it is possible that serious or fatal injury could result from continued participation.*
- *Non-registered participant pacing is prohibited and may result in disqualification.*
- *Bandits/non registered runners are prohibited and will be removed from the course.*
- *Participants with baby strollers or joggers are allowed in the 5K and Lil' Monsters Dash only and should start at the back of the 5K race.*
- *No baby joggers or strollers are allowed on the 10K course.*
- *No pets (dogs), roller blades, skateboards, bikes, etc. are allowed in any of the races.*
- *Race numbers must be worn on the front outer most layer of clothing or costume and must be visible at all times.*
- *There are no start corrals, so we ask that you line up according to your pace. If you plan to walk the race, please line up near the back of the start. Remember your timing chip does not start until you officially cross the start line.*
- *Transferring of race number to someone else is not allowed. While the practice of giving your race number to someone else, may seem harmless, it can result in serious consequences to all individuals involved. It's an issue of false identity and a liability issue.*
Why?
- *Your race number is attached to your identity. If an emergency occurs that requires medical attention or a race official must identify a participant, we need to have the correct information.*
- *Awards could also be impacted.*
- *If race organizers identify an individual who has given their race number to another person, it will result in disqualification and a minimum two-year ban for all individuals for any race conducted by the Little Rock Marathon.*

CANCELLATION POLICY/REFUNDS

Race officials want to provide a safe race environment for all participants. Should there be a time that it is determined to be unsafe to start a race or proceed with the race, once it has started, the following policy may be enforced:

- If weather or other conditions present a danger to participants, race officials maintains the right to cancel or modify the race.
- Extreme weather conditions will be recognized as "an act of god" and will not result in the refunding of race registration fees or future race credits.
- Public safety officials and medical authorities will be consulted prior to any race cancellation or modification. Should City of Little Rock officials, which are beyond the race's control, impact race official's ability to conduct the event, the same refund policy will be in effect.
- Race officials asserts that each participant assumes a personal responsibility when entering an athletic event and accepts the potential risks. Creep 'N Crawl encourages all participants to take all precautions and cooperate with directives given during the race by event personnel.
- Unfortunately, almost all race related expenses will have been incurred prior to the actual race. Should the race be forced to modify the course or cancel the race, the financial impact on the race would not be any different than if the race was held in its entirety. Thus, refunding of registration fees would devastate the financial future of the race.
- Once we receive and accept your registration, you will not receive a refund if you cannot participate.

PHOTOS

Photography will be provided by Run Bike Swim Photos. www.runbikeswimphotos.com

TIPS & RECOMMENDATIONS:

- **Bring a FLASHLIGHT!!!** It might get a little dark out on the trails. Make sure you bring a flashlight, lantern or headlamp so you can see during the race.
- We Run - Rain, Shine, Sprinkles or Locust
- NO Parking on the course! Volunteers will help you find a spot to park.
- Because the race is on a narrow trail, we ask that all spectators not be on course with the athletes.
- Courses are out and back. Please stay to your **right**. In other words, please allow faster athletes to pass.

SPECTATOR & POST RACE AREA

As the darkness creeps in, plan to hang around for all the festivities and BYOL (*bring your own lawn chair*). As with any local race, we have enough food and drink to take care of our participants. Volunteers will not serve anyone that does not have on a race number.

- Music
- Awards Tent
- Photos
- Post-Race hot dogs, chips and non-alcoholic drinks are free for participants

WEATHER POLICY

Races are held rain, shine, sprinkles or locust and will not be cancelled except for cases of severe weather. Race officials will evaluate weather conditions and make an appropriate determination regarding initiation, cancellation, or continuation of the race. Such determination shall be based on prudent consideration by race officials in conjunction with local law enforcement and/or other officials. In the event of inclement weather or unforeseen circumstances, race officials reserve the right to alter, cancel, or eliminate any/all portions of the race or to make any modification concerning the time, length, or nature of the event.

PROJECT OF AND BENEFITING

Little Rock Parks and Recreation oversees 63 developed parks and twelve undeveloped parks totaling over 6,100 acres. In addition, the Little Rock Parks & Recreation offers a wide-range of youth and adult recreational and sports leagues, after-school and summer playground programs for children ages 6-15, outdoor recreation, therapeutic recreation and programs for seniors. Funds raised will continue to support parks and recreational programs for all ages. For more information about Little Rock Parks & Recreation please visit www.lrpr.org.



