

PARTICIPANT INSTRUCTIONS

Two Rivers Park – 6900 Two Rivers Park Road, Little Rock, AR 72223

PACKET PICK-UP

Packet pick-up is an essential pre-race process where registered athletes collect their race materials before the event. This step ensures all athletes have the necessary items to participate in the race. ***Due to the anticipated crowd, we strongly encourage you to pick up your packet Friday.***

Items you will receive at packet pick up:

- Race number *(timing chip is already attached)*
- Safety pins for attaching the bib
- Official shirt

DATE & TIME	***LOCATION***
Friday, October 30 *Noon to 6 pm*	Subaru of Little Rock 12121 Colonel Glenn Rd, Little Rock, AR 72210
Saturday, October 31 *6:30 am to 7:45 am*	Registration Tent - Two Rivers Park 6900 Two River Park Road, Little Rock, AR 72223

NOTE:

- Race changes are no longer accepted.
- Identification is required to pick up a race packet and **MUST** match the name on the race packet.

NOT ABLE TO PICK UP YOUR RACE PACKET?

If you are unable to pick up your race packet on Friday, you may have someone else pick it up for you. That individual **MUST** have the following:

- A copy of your registration confirmation email *(digital is preferred)*. If you don't have your confirmation, please check your spam folder first. If it isn't there, log into your participant dashboard: **CLICK HERE**
- A photocopy or picture of **YOUR** photo ID.

Virtual Participant Options

In-Person Pick-Up

- Virtual participants can pick up their packets on Friday at the Subaru of Little Rock *(see above)*

Mailed Packets

- All unclaimed virtual participant packets will be mailed the week *after* the race

RACE DAY TIMELINE

6:30 am	Packet pick-up opens
7:45 am	Lil' Monsters Dash Start
7:45 am	Packet pick ends
8:00 am	Half Marathon Start
8:30 am	10K & 5K Start

PARKING

Plan ahead and carpool if you can! Please arrive early and allow extra time to get to the event. Traffic will be one way in and one way out, so delays are possible, especially as race time approaches. We strongly encourage carpooling with friends and family to help reduce traffic congestion and make arrival easier for everyone.

RACE NUMBERS

IMPORTANT REMINDER: Your personal safety is very important to us. Please take time to write out emergency information on the back of your race number along with any life-threatening conditions, as well as allergies for medical personnel.



HALF MARATHON



10K



5K



LIL MONSTERS



GHOST

Your race number is your official identification during the event. Keeping it visible ensures a fair and organized race for everyone.

- Participants without visible numbers will be considered unauthorized participants *("bandits")*
- Refer to the Rules of Competition on the website for detail on penalties
- Race numbers must be on the front outermost layer of clothing
- The entire number must always remain fully visible
- Do not alter your race number (*no cutting, folding, or covering*)
- Race numbers are non-transferable
- Only the assigned participant may wear the number
- Numbers cannot be shared or exchanged



PARTICIPANT SHIRTS

Participants will be given the shirt size they selected during registration. If a different size is needed, please bring it back to packet pick up tent on Saturday after 8:30 am. If we have the size available, we will gladly exchange it.

PARTICIPANT & FINISHER TREATS

Creep 'N Crawl is a project of the Little Rock Marathon and benefits Little Rock Parks & Recreation. We are incredibly grateful to all that participate.

The following is included in your registration:

Half Marathon|10K|5K

- *Participant shirt*
- *Custom race number*
- *Accurate timing*
- *Course support and aid stations*
- *A wonderfully creepy course*

Lil' Monsters

- *Participant shirt*
- *Custom race number*

Virtual/Ghost

- *Participant shirt*
- *Custom race number*
- *Mailed race packet*
- *Finisher's Medal*

Finishers will receive the following at the finish line:

Half Marathon, 10K, and 5K

- Post-race refreshment
- Finisher's medal

Lil' Monsters

- Treat bag
- Post-race refreshment

NO STROLLERS PLEASE

For the safety of all participants, baby strollers are not permitted in the start/finish areas or on the course at any Creep 'N Crawl event. Our courses can be narrow and crowded, making it difficult for athletes to safely navigate around strollers. With participation continuing to grow, we want to ensure everyone has enough room to enjoy the race safely.

We understand that families love to participate together, and we appreciate your cooperation with this policy. Thank you for helping us create a safe, enjoyable experience for everyone on race day!

TIME LIMIT

Half Marathon	4 hours
10K	2 hours
5K	1 hour

AID STATIONS

Aid station locations are as follows:

5K	Mile 1.5
10K	Mile 1.5, 3, 4.3
Half Marathon	Miles 1.5, 4.3, 5, 7, 9.5, 11.3

START LINE | FINISH LINE

- Be at the start line at least 10 minutes before the race starts
- Participants should self-seed based on their expected pace
- Slower athletes: please position yourself toward the back
- No strollers or baby joggers
- Access & Restrictions
  - Start line and finish line are restricted to registered athletes only
  - Spectators are not allowed in the start line nor finish line

TIMING

Creep N Crawl events will be timed using a disposable timing chip, which is attached to each athlete'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
- Your finishing time will be emailed to the address we have on file
- Official results will be available online after the race

COURSE

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.

- Courses are out and back.
- Please stay to your right. In other words, please allow a faster athlete to pass.
- Review course map before race day. **Athletes are responsible for knowing the route.**
- Reference the official course map *(included in these instructions and online).*
- Course markers and volunteers will be present, but familiarity is essential.
- Half Marathon athletes must be at the Two Rivers Bridge by 9:30 am to complete the course in 4 hours. *Any athlete who gets to the bridge after 9:30 am will be turned back toward the finish line.*

POST RACE

- Please exit the finish as quickly as possible.
- Do not wait inside the finish chute for friends or family to finish.
- Finishers receive their medal when they cross the finish line.
- Lil' Monsters receive a treat bag when they cross the finish line.
- Post race refreshments are for the athletes only.

AWARDS

- Overall winners of the half marathon, 10K, and 5K will be acknowledged at the Finish Line.
- No age group awards.
- Half Marathon - Overall Male & Female *(top 3)*
- 10K – Overall Male & Female *(top 3)*
- 5K - Overall Male & Female *(top 3)*
- Best Costume









RACE SAFETY | CANCELLATION POLICY | REFUNDS

By registering for this event, the participant acknowledged and accepted the following policies.

No Refunds After Registration

Once a registration has been accepted, no refunds will be issued if a participant is unable to participate for any reason.

Race Cancellation or Modification

The safety of our participants, volunteers, spectators, and staff is our top priority. However, circumstances beyond the control of race officials may require an event to be delayed, modified, shortened, or canceled.

- *Weather and Safety: Race officials reserve the right to delay, modify, shorten, or cancel an event if weather conditions or other circumstances pose a safety risk to participants or others.*
- *Circumstances Beyond Our Control: Severe or extreme weather, natural disasters, emergencies, and other circumstances beyond the control of race officials may constitute an act of God or other force majeure event. In these circumstances, no refunds, credits toward future events, or other compensation will be provided.*
- *Public Safety Directives: Race officials will consult with appropriate public safety officials and medical authorities when evaluating whether an event can safely proceed. If the City of Little Rock or other public safety authorities issue directives that prevent, restrict, or require changes to an event, the no-refund policy will apply.*
- *Participant Responsibility: By registering and participating, each athlete acknowledges the inherent risks associated with athletic events and accepts personal responsibility for their own safety. Participants must follow all instructions and directives issued by race officials, public safety personnel, medical personnel, and event staff.*

WEATHER POLICY

Races are held rain, shine, sprinkles or locust and will not be canceled except in cases of severe weather or other circumstances that may create an unsafe environment for participants.

Race officials will monitor weather and course conditions and, in consultation with local law enforcement, public safety officials, medical personnel, and other appropriate authorities, will determine whether the race should start, continue, be delayed, modified, or canceled.

In the event of severe weather, inclement conditions, or other unforeseen circumstances, race officials reserve the right to alter, delay, cancel, or eliminate any or all portions of the event, including modifications to the start time, course, distance, or other aspects of the race.

The safety of participants, volunteers, staff, and the community will be the primary consideration in making these decisions.

EVENT ALERT SYSTEM

A color-coded Event Alert System will be used to communicate course and weather conditions to participants before and during race day. Color-coded signs will be displayed at aid stations and other locations along the course. Alert levels range from **Low to Extreme** and are based on a variety of factors, including temperature, weather conditions, course conditions, and other potential safety concerns.

All participants are encouraged to familiarize themselves with the Event Alert System before race day. Participants should remain alert to changing conditions and follow all instructions from race officials, course volunteers, public safety personnel, and medical personnel.

Participants are responsible for taking appropriate precautions and making informed decisions about their own participation based on the conditions.

ALERT LEVEL	EVENT CONDITIONS	ACTIONS RECOMMENDED
MODERATE	Less than ideal conditions	Slow down, prepare for the possibility of worsening conditions
HIGH	Potentially dangerous conditions	Slow down, observe course changes, follow event official instructions, consider stopping
EXTREME	Event Cancelled. Extreme and dangerous conditions	Participation stopped, follow all event official instructions

RULES OF COMPETITION

The most important rule is to have fun and enjoy your race! These basic rules help ensure a safe, fair, and enjoyable experience for everyone.

- *Participant Safety:* Race officials reserve the right to remove any participant from the course when, in their judgment, continued participation could result in serious injury or create a significant safety risk.
- *Pacing:* Pacing by non-registered individuals is prohibited and may result in disqualification.
- *Bandits:* Participation by non-registered individuals, commonly referred to as “banditing,” is prohibited. Non-registered individuals will be removed from the course.
- *Prohibited Equipment and Animals:* Pets, rollerblades, skateboards, bicycles, and strollers are not permitted in any race.
- *Race Numbers:* Race numbers must be worn on the front outermost layer of clothing or costume and must always remain visible.
- *Race Number Transfers:* Race numbers are non-transferable and may not be given or sold to another person. Participants may not run under another person's registration or race number.
    - This policy is in place for the safety and integrity of the event. A race number is directly connected to a participant's registration and emergency contact information. If a medical emergency occurs, race officials and medical personnel must be able to correctly identify the participant.

- Race number transfers can also affect results, awards, timing, and other race records.
- If race officials determine that a participant has transferred their race number to another individual, **both the registered participant and the individual using the race number will be disqualified and may be prohibited from participating in any Little Rock Marathon race for a minimum of two years.**
- For everyone's safety, please do not give your race number to another person.

PHOTOS

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

PROJECT OF AND BENEFITING

Little Rock Parks and Recreation oversees 63 parks encompassing approximately 6,140 acres of developed and undeveloped park land throughout the city. The department provides a wide range of recreational opportunities for residents and visitors, including youth and adult sports leagues, playground and summer programs, outdoor recreation, therapeutic recreation, senior programs, and community activities. Funds raised through this event will continue to support Little Rock Parks & Recreation and recreational opportunities for people of all ages. For more information about Little Rock Parks & Recreation please visit https://www.littlerock.gov/residents/parks-and-recreation/.

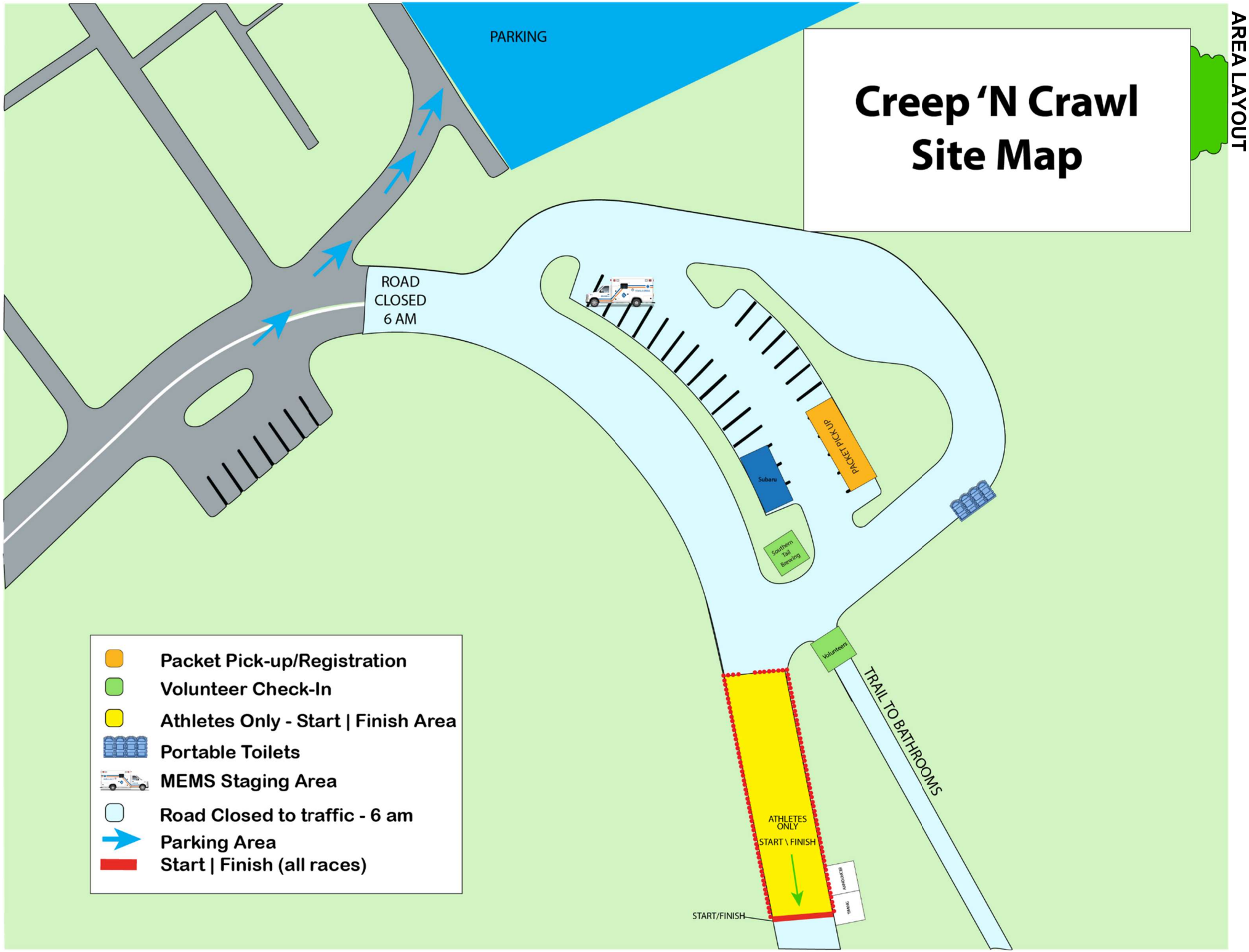
SPECIAL THANKS

We would like to thank the following community partners for helping make this year's race possible:

- Fun Arkansas Run Team
- PCSSD Driven School of Opportunity
- Joe T Robinson Athletics
- LRPD GEMS
- LRPD SOS
- Keystone Lodge #2
- Destiny Chapter #1
- Arkansas Running Klub
- Knights of Columbus
- Little Rock Parks & Recreation - Outdoor Recreation Division

SPONSORS

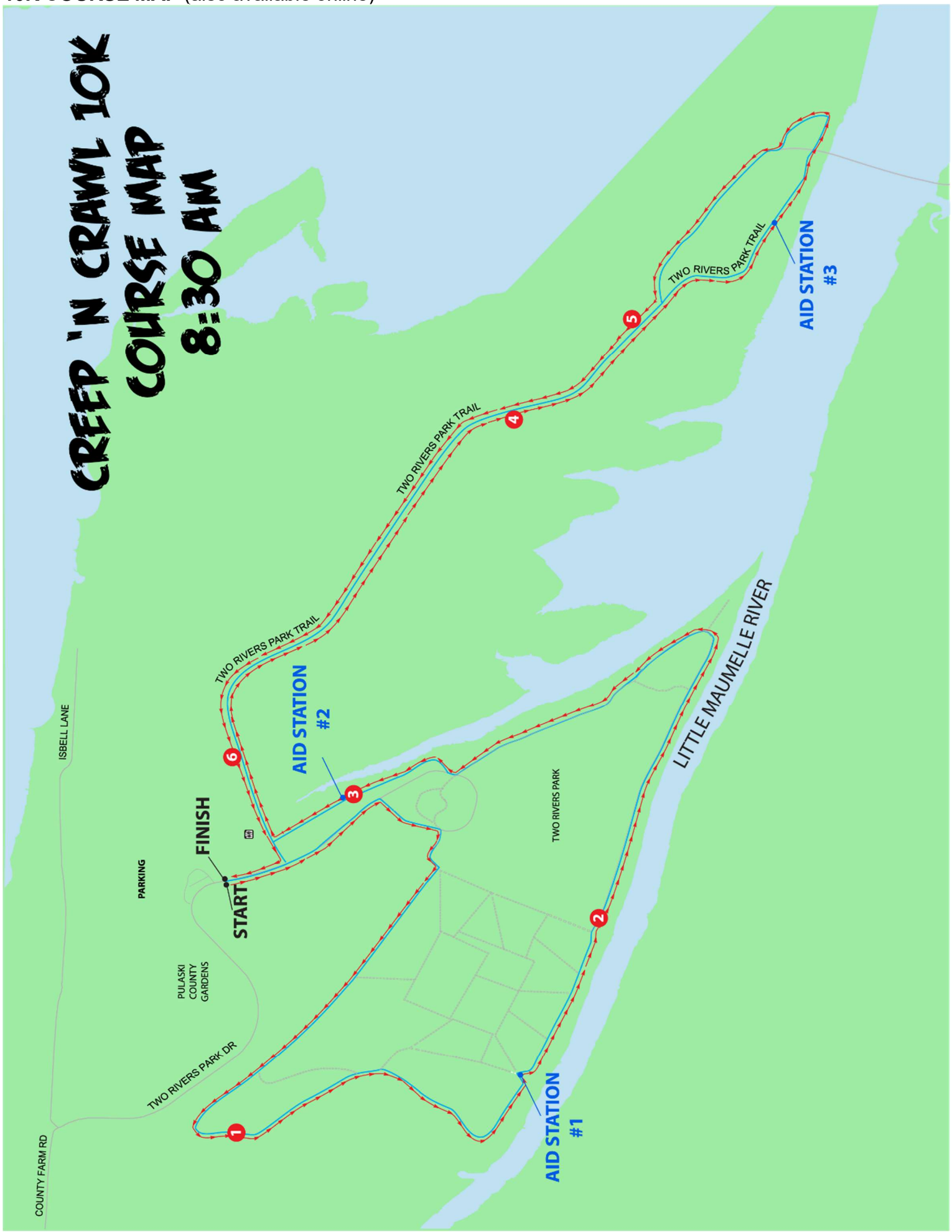
Without the support of these companies, this year's race would not be possible. Thank you!


AREA LAYOUT
PARKING
Creep 'N Crawl
Site Map
ROAD
CLOSED
6 AM
PACKET PICK UP
Subaru
Southern
Tail
Brewing
Volunteers
TRAIL TO BATHROOMS
ATHLETES
ONLY
START \ FINISH
START/FINISH
Packet Pick-up/Registration
Volunteer Check-In
Athletes Only - Start | Finish Area
Portable Toilets
MEMS Staging Area
Road Closed to traffic - 6 am
Parking Area
Start | Finish (all races)

5K COURSE MAP (also available online)



10K COURSE MAP (also available online)



HALF MARATHON COURSE MAP (also available online)

