

ZOMBIE 5K AND KIDS 1-MILE FUN RUN

OUTWIT-OUTMANEUVER-OUTRUN

Race Date: Sunday, October 21, 2018

Location: Begins and ends at the Sandy Beach, main shelter,

Race Contact: Jessica Chester, jessica.chester@juneauschools.org

Race Description: Participants are invited to run from Zombies in this 5K/1-mile run looping around on Treadwell Trail. Zombies will be strategically placed along the route. Runners will be wearing flags; if the zombies capture both of your flags, you're zombified! If you have at least one flag left at the finish line, you survive! Each runners will receive a Zombie Run wristband. This is a fundraiser for the Tlingit Culture Language and Literacy Program at Harborview.

Registration: 1:15 p.m.

Kids' 1-mile fun run: 2:00 p.m.

5K: 2:30 p.m.

Cost: Pre-registration: \$10 for kids under 18/\$15 adults

Day of: \$15 kids/\$25 adults

Make checks payable to: Harborview

LAST NAME: _____ FIRST NAME: _____

Date of Birth: ____ - ____ - ____

☐ **YES, I would like to run competitively.**

MAILING ADDRESS: _____

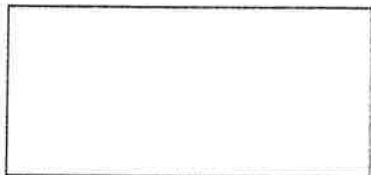
CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

Emergency Contact Name _____ Phone Number (____) _____ - _____ **WAIVER:** *I know that running a road or trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to complete the event. I agree to abide by any decision of a race official relative to my ability to safely complete this run within the designated time limit. I assume all risks associated with running in this race, including, but not limited to falls, contact with other participants, runners, bikers, and animals, the effects of weather, including heat or cold and precipitation, traffic, and the conditions of the trails and roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the race organizer, Harborview Elementary, the Triathlon Club and all other sponsors and property owners, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I understand that headphones, baby joggers or strollers, roller skates and dogs are not allowed in this race/run.*

Signature of entrant _____ Date _____

Signature of parent or guardian if under 18 _____ Date _____



BIB NUMBER

(For race officials only)

Zombie Run Rules

RUNNERS:

1. No physical contact between runners and zombies. Runners are not to push, hit, or kick zombies away.
2. Runners will be given two flags to wear during the race. They must have at least 6 inches of flag hanging out of their waistband and visible at all times.
3. Runners who lose both flags on the course do not turn into zombies and are not to take flags from other runners. They should continue the course and admit their zombie defeat at the end!
4. Absolutely NO weapons of any kind (including toys) allowed on the racecourse.
5. No dogs or strollers allowed on the course.
6. After you cross the finish line, proceed to the registration table and turn in your remaining flags to claim your reward.
7. HAVE FUN!!!

ZOMBIES

1. No physical contact between runners and zombies. Zombies may not grab, pull, hold, etc. any part of a runner's body. Zombies may only grab flags.
2. Zombies must follow the direction of their group leader, at all times, and remain in their zombie zone until their leader instructs them that it is time to return to the shelter.
3. Zombies in the forest will be "stumbler" zombies. Beach zombies will be "chaser" zombies. Zombies on the 1 mile course are "tame" zombies.
4. Zombies must not grab more than one flag from a runner at a time.
5. Anyone running without flags is invisible to the zombies. We'll just have to let them survive until next year.
6. As you come in from the course, proceed to the flag table to turn in any flags you've captured.

7. HAVE FUN!!!

I have read and will adhere to the Zombie Run Rules

Participant Signature: _____