



Sponsored by the City of St. Johns Parks and Recreation Department
Friday, October 25th, 2013 6:30 PM

RACE INFORMATION AND SAFETY

Welcome to the first annual St. Johns RUN FOR YOUR LIFE Zombie Fun Run! A few guidelines to make your experience as fun as possible:

PARKING

Parking is free near the former City Pool site at the corner of Park and Morton. Overflow parking along Morton Street and in the High School Parking lot. City Park will be closed for the event.

CHECK-IN

RUNNERS: Race check-in will be at the St. Johns City Park Band Shell. Check-in will start at 5:30 PM race day. Register by 6:20 PM to receive your belt with "life" flags. Bring a photo ID. If registering on race day, you must bring a signed waiver form (printed from race website). All minors under the age of 18 must have a parent's signature and show a student ID if they are not accompanied by a parent or guardian. Children under the age of 13 must run with a parent or guardian. Children 10 and under are free and do not need to register online, but you will need to sign a waiver for children when you arrive on race day. Race day registration is \$15, no credit cards accepted.

ZOMBIES: You must be a Clinton County High School or Middle School student to register as a zombie for this race! Check in at the St. Johns City Park Band Shell by 4 PM race day. No race day registration for student zombies, registration must be online. If you forgot, just sign up to run! When you register you will be assigned to a team and meet your zombie coach.

WHAT TO BRING

RUNNERS: A photo ID for check-in. Bring your signed race waiver if registering on race day (\$15). No credit cards accepted. If you register online you do not need your waiver.

Costumes are fine, but please don't dress like a zombie: it would be confusing! No hard or sharp objects and no weapons (real or fake) allowed. You may want a flashlight as sundown is at 6:40 PM, but shining lights directly into the zombie's faces is NOT allowed.

Check the weather before race day, bring appropriate rain gear if needed.
Please, no pets.

ZOMBIES: Basic makeup and zombie behavioral training will be supplied. Any extras for your costume you should bring yourself, including zombie clothing. Keep in mind that you may get messy. No weapons (real or fake) and no props allowed. You may bring a flashlight but shining lights in runners' faces is NOT allowed. Food and drinks will be supplied during race prep time.

RACE FORMAT

The goal of the race is to make it through the 1.5 mile course with your life flags intact. The entire course is not crawling with zombies, there are distinct "Horde Zones" that you will have to navigate, some more difficult than others.

All racers must keep their flags visible at all times. Hiding the flags or making them difficult to remove will result in disqualification. If all of your flags have been taken, keep running! This does not turn you into a zombie.

Direct and intentional physical contact with any runner or zombie is strictly prohibited. You are not to touch, hit, punch, tackle, or do anything harmful to the physical health of our zombies or other runners, no matter how frightened or frightening you may be. Those in violation of this rule will be automatically disqualified and potentially escorted off of the grounds, without refund.

This is a fun community event and please remember to keep it fun for everyone. The goal is not to scare young children, but please evaluate your own kids to determine if they can handle the race or not. If the answer is "or not", the best place to be a spectator will be along the park road that separates the Band Shell from the site of the former City Pool. This is the Zombie Spirit Zone, for friendly zombies only.

WEATHER

We will race rain or shine... or darkness. In the event of a severe storm, we will postpone the race until conditions improve.

GENERAL RULES

A parent or guardian must sign the waiver for anyone under 18, runner or zombie.

No weapons or mock weapons will be permitted on the premises.

No drugs, outside alcohol, or outside food/beverages are permitted on the property.

No pets are allowed into the event grounds.

Participants and spectators must abide by all instructions given from the race directors, race staff, volunteers, and medical personnel.

Still have some questions? Contact Suzanne Fromson at fromson14@msn.com



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WAIVER – PRINT THIS PAGE AND BRING ON RACE DAY IF NOT REGISTERING ONLINE

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignUp.com, and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

Signature

Date

If participant/volunteer is under 18 years old, parent or guardian must sign.

Signature

Date