



Join us for Lebanon High School Band's FIRST Zombie 5K! The goal of this race is not to achieve the fastest time, the goal of this race is to **SURVIVE!**

Runners will follow the designated course while encountering the LHS Band Zombies!. Lives (flags) can be lost if route is not followed. Each runner will be given a belt with 3 flags on it (similar to a flag football belt); each representing a life. Runners will have the opportunity to purchase more lives (flags) before and during the race. The goal is to protect these lives from the zombies who are trying to steal them. If you can cross the finish line with at least one life remaining, you have "survived." Crossing the finish line with no flags remaining means you have been "infected." Zombies will only grab flags in the designated "Zombie Zones" zones will be clearly marked, so get ready to bob and weave.

This is not a timed event and all runners will receive a medal at the finish line. Will yours say "Human Survivor" or "Infected?" The race is on, and there's no telling what you might encounter!

Will you survive the LHS Band Zombie Apocalypse?

\$25 Runner Registration includes:

- **Zombie Fun Run T-Shirt**
- **Race Medal** – "Human Survivor" or "Infected" after completing the race
- **Flag Belt** – With 3 lives (flags) – once they are gone, you're infected
 - **Additional lives (flags) can be purchased at registration and Science Labs**
 - **Belts and flags must be returned at end of race**

All participants are encouraged to dress up, prizes will be awarded for best runner costume! Please No Zombie Costumes – The LHS Band will be dressed as Zombies.

Please register by October 20th to guarantee your shirt and medal.

Information

- The Zombie Fun Run is a rain or shine event (date/time could be changed or postponed due to severe inclement weather)
- Runners should dress to have fun, costumes are encouraged! The most creative and outrageous outfits will be recognized with prizes at the end of the race. **No Zombie Costumes Please – These are reserved for the LHS Band.**
- Packet Pick up and Race Day Registration will be on November 17, 2019 from 3:00 PM – 4:15 PM at the Lebanon High School Football Stadium.
- Walk-ons will be accepted but are not guaranteed a t-shirt/medal. Day of Registration Fee is \$30.
- Restrooms will be available
- Parking is free
- Spectators are free
- The race starts at 4:30 pm.
- Bring money (cash only) - there will be food, drink, games and vendors selling crafts at the Zombie Fall Fest.

Rules

- You may **NOT** bring animals, weapons – real or fake, bad attitude, food, or beverage of any kind. There will be great food and beverage options available for purchase at the finish line.
- Runners must be 12* years of age or older by race day in order to participate alone. *Runners under the age of 12 must be accompanied by a race registered parent or chaperone in order to participate in the run/walk.
- The Humans run the race with a belt (similar to flag football). The Zombies are stationed along the race course trying to take your lives (capture your flags). If all of your flags have been taken, you are DEAD, but you continue to run. You may not pick up flags off the ground or take them from other runners.
- More flags can be purchased for \$2 each. Must have cash to purchase additional flags.
- **Flags must be visible to course officials and zombies (not covered by long clothing) and must be attached to your belt. Runners tying their flags to their belts and picking discarded flags off the ground are both disqualifying violations. If you tuck your flags into your clothing, *you are automatically disqualified, and you are to turn in your flag belt and flags to a course official.***
- **Direct and intentional physical contact with any runner or zombie is strictly prohibited. You are not to touch, hit, punch, tackle, claw, pinch, spit on, bite, or do anything harmful to the physical health of our zombies or other runners.... no matter how frightened you may be. Those in violation of this rule will automatically be disqualified and potentially escorted off of the grounds, without refund.**

Prizes

- Names will be drawn for prizes according to number of flags left at end of race. Runners names go into a bucket for the number of flags they have left when they cross the finish line and names are drawn for prizes.
 - 1 Flag
 - 2 Flags
 - 3 Flags
- Costume Contest
 - Best Costume
 - Most Creative Costume