



SNI Cattaraugus Community Center



Survival 5K

October 28th, 2012

This year we want to try an obstacle theme run for our October 5K

How will it work you ask?

- Before the race you will be given a flag belt (flag football). These flags represent your health.
- The Zombies want to take your health (Flags)
- If you lose all your health flags, you die. And then become a zombie.
- Health bonuses will be hidden throughout the course. If you find one and carry it to the finish, it will save your life.
- Throughout the 5K obstacle race, there will be a series of man-made and natural obstacles for you to complete.
- There will be two types of zombies, shufflers & runners. Their job is to chase you and eat you (mainly your health flags)
- Use speed, strategy and your intact brains to make it to the FINISH LINE "alive" with at least ONE FLAG INTACT (or a bonus health pack). If you finish with zero health flags, this means you have been infected & will turn into a Zombie.

We will need Volunteers to make this Event Success

For more information please contact Jerrel or Leroy

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