



ZOMBIE RUN



Come get your scare on by running a course that includes Zombies for your thrill!

The race is made up of 400 meters of grass and then sends you into the spooky woods (graveled path) behind the soccer fields. Zombies look forward to giving you an extra adrenaline boost as you narrowly escape their grasp.

This race welcomes all abilities and is appropriate for all ages. The main focus is to introduce running to the kids, all while making it fun! Zombies will not physically touch anyone participating.

Date: Saturday, October 15th, 2022

Entry Fee: Registration - \$10 (race only, no shirt), \$15 (no race, shirt only), or \$25 (includes race & shirt)

Location: Poland Township Park, 5400 Moore Rd, Lowellville, Ohio 44436

Start Time: 2K Run/Walk begins at 6:00pm

Information: Registration also available online at www.secondsoleracing.com.

Timing: Professionally chip-timed by Second Sole Racing.



Race Day Packet Pick-Up: Takes place at Poland Township Park from 4:30pm-6:00pm on race day.

Tshirts: Long sleeve tshirts guaranteed to pre-registered participants.

Awards: Top three overall men and women. Top three in the following age groups:

(14 & Under ,15-19, 20-29, 30-39, 40-49, 50-59, 60-Up)

Benefits: All proceeds go to fundraising for the Poland High School Track & Cross Country teams.

Race Information: Contact Sarah Hixson, Poland Cross Country Coach at sarah@secondsoleohio.com



Please Make All Checks Payable To: Poland Track & Cross Country Club

Mail Entries To: 755 Boardman-Canfield Rd, Youngstown, Ohio 44512

NAME: _____ AGE : _____ SEX: _____ SHIRT SIZE: YL S M L XL

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

EMAIL ADDRESS: _____ PHONE NUMBER: _____

Race Waiver for Above Specified Event

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, in good health, and properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather including cold temperatures, rain, snow, slick surfaces, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, animals, and headsets of any type are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Second Sole, Second Sole Racing and its counterparts, Poland Village, Poland Township Park, Poland Cross Country 6 Track, all sponsors, their representatives, employees, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the above mentioned parties to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____