

5(ish) K Run



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Saturday October 22, 2016 at 10:00 AM at Tanglewood Nature Center—then stay for the games at Haunted Happenings!

Early Registration (before October 14, 2016) \$15.00 (5k Runner or Zombie Participant),

Early Group Registration (4+ people, registered before October 14, 2016) \$10 per person

\$20 after 10/14/16 and on the day of the race

**CUT HERE**

ENTRY FORM Tangle With Zombies — Saturday October 22, 2016— 10:00 AM (Registration opens at 9:00)

**PLEASE PRINT CLEARLY**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City, State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

What are you signing up to do? Run for my life in the 5K \_\_\_\_\_ OR Act like a Zombie \_\_\_\_\_ (limited to first 30 takers)

Total \$ enclosed \_\_\_\_\_ SIGN WAIVER ON NEXT PAGE & mail postmarked by October 14th with \$15 entry fee (\$20 thereafter);

Payable to Tanglewood Nature Center , mail to: **Tanglewood Nature Center, 443 Coleman Ave., Elmira NY 14903**



Elmira College  
American Chemical Society  
Student Affiliate Club



Tangle With Zombies is a 5K trail race. But you're not running against the clock — you're running from brain-hungry, virus-spreading, bloody zombies.

Before the race, you will be given a flag belt, just like the overly intimidating game of flag football. These flags represent your health. The zombies want to take your flags and maybe eat your brains. If you lose all your health flags, you die. And the zombies win. Health flag bonuses will be hidden throughout the course. If you find one, attach it and carry it to the finish, it will save your life. There will be zombies. Their job is to chase you and eat you — but mainly go after your health, in the form of your flag belt. They are not allowed to touch you in any other way, and you are not allowed to come into contact with them. Avoid the zombies to keep your health flags. Use speed, strategy and your intact brains to make it to the FINISH LINE “alive” with at least ONE FLAG INTACT. If you finish with zero health flags, this means the zombies have successfully transformed you into the “undead”; you will have finished a run, but you will not be admired by other competitors and spectators. There will be a start line, and a finish line, but what happens in between is up to you. “Like” us on Facebook and check out our website at [www.tanglewoodnaturecenter.com](http://www.tanglewoodnaturecenter.com).

#### TANGLE WITH ZOMBIES 5K RUN WAIVER OF LIABILITY

I know that participating in a strenuous athletic event of this type is a hazardous activity. I certify that I have no physical, medical, nor mental condition which would interfere with my participation in the Tanglewood Trail Run and that I have trained adequately for this off road trail race. I fully understand that I, or the person I am responsible for, will be subjected to harsh environmental conditions, including but not limited to, extreme temperatures, unpredictable weather conditions, hiking trails, unimproved trails, uneven terrain, rocks, cliffs, roots, trees, stream crossings, wild animals, limited access to immediate medical assistance, as well as any other conditions that man or mother nature may provide. I understand that there is a risk of sustaining serious bodily injury, permanent disability, or even death that might result not only from my own action, inaction, or negligence but the actions, inactions, or negligence of others, the rules of the race, or the conditions of the premises. Further, I acknowledge there may be other risks not known nor reasonably foreseeable at this time. I assume all the forgoing risks and accept personal responsibility for the damages following such injury, permanent disability, or death.

Knowing these facts and in consideration of the acceptance of my Event entry, I or the person I am responsible for, and my/his/her assigns hereby waive, covenant not to sue, indemnify RELEASE AND DISCHARGE the race director(s), organizers, event staff, volunteers, sponsors, Tanglewood Nature Center, The Nature Conservancy and their officers, directors, employees, agents, other participants, and any other persons or organizations involved in this event from and against any and all claims, liabilities, losses, damages, costs, and expenses arising from or in any way related to my participation in this event or the participation of the person I am responsible for.

I certify that I, or the person that I am responsible for, is of sound body and mind and truly capable of participating in this event. I agree to comply with the rules concerning this Event and agree to go only in those areas authorized by the Event organizers. I understand that, in addition to the above, I, or the person I am responsible for, will be responsible for any cost of emergency service that is required during this event. I also understand that my competition number is not transferrable.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

Age: \_\_\_\_\_

If under 18, parent or legal guardian must sign here:

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_