

**Public Safety/Community Preparedness Day**  
**“Are You Prepared” Zombie 5k Run, Walk, Shuffle**

The **“Are You Prepared” Zombie 5k Run, Walk, Shuffle** is a fundraising 5k and food drive that raises funds and food goods for the **Second Harvest Food Bank of Northwest NC**. You can choose to be a “zombie” or a “survivor” to run, walk, shuffle or slouch for this fun family event. The event is designed as a fun and informative way to highlight an “all-hazards” approach to emergency preparedness <http://www.readyforsyth.org/> and will include Law Enforcement Agencies, Fire Departments, EMS, Emergency Management, Volunteer Organizations, Non-Governmental Agencies, etc. Race registration is available at <http://ultimateracemanagement.com/>

The public is invited to come and visit and run, walk, or shuffle as their favorite zombie (zombie costumes encouraged, but not required). While you are there, check out emergency services displays, response vehicles, and informational booths. There will be family 1 Mile and 5k run/walk, displays, activities, safety and preparedness information, and more.

Date: Saturday, April 27<sup>th</sup>, 2013

Time: 11:00 AM Registration - 12:00 pm Event Start Time, 3:00 pm Event Finish  
Family 1 Mile Fun Run, Walk, Shuffle Starts at 12:00 pm Parking Lot “X”. Walk will end at Lot “X”.  
5K Run, Walk, Shuffle Starts at 12:15 pm, Parking Lot “X”. 5K run will end at Lot “X”.  
Static Displays/Preparedness Activities: Parking Lot “W1” and “Poteat Field”

Zombie Group Photos (calling all Zombies) at 1:30 PM “Poteat Field”

Location: Wake Forest University, Winston-Salem, NC

Cost: \$25 + 3 canned goods per Individual for Run or Walk  
\$20 per person for Walk or Run Teams of five or more (contact [Bill@ultimateracemanagement.com](mailto:Bill@ultimateracemanagement.com) for Team code)  
***WFU Students request any monetary or canned good donations for Walk or Run with Student I.D.***

Assemble a home emergency kit with all the supplies you need to survive on your own for a minimum of three days, make an emergency plan and practice it with your family so everyone knows what to do. Those are the same preparations you make to be ready for hurricanes, tornadoes, severe storms, winter weather, floods, fires, and any of the other disasters we can face in North Carolina.

This is also a food drive for Second Harvest Food Bank to **FILL THE TRUCK** involving non-perishable food items. This includes items such as canned vegetables, canned fruits, canned meats, pasta, rice, peanut butter, etc. When you are grocery shopping, think of our neighbors who are hungry and grab a few non-perishables to take to the race for the Second Harvest Food Bank! Visit <http://www.readyforsyth.org/> and race registration available at <http://ultimateracemanagement.com/>

## Frequently Asked Questions:

1. You can participate in three ways:
  - Participate as individual, family or team in 1 Mile Family Walk/Shuffle
  - Participate as individual, family or team in 5K Run/Walk/Shuffle
  - Visit Display Area (Fire trucks, ambulances, police cars, helicopters, activities, etc.)
2. Zombie Costumes encouraged but not required. *The more zombies the better!*
3. All costumes must be in good taste. We know you want to be the best of the living dead, but there will be young children present.
4. There will be medical support on site to make the event as safe as possible.
5. Zombies will not grab, chase, chew, attack, eat, etc. Keep your hands to yourself!
6. No "Survivor" weapons, guns, axes, grenades, machetes, sharp sticks, etc.
7. Arrive at least one hour before the walk or run to give yourself time to park and get checked in. All walkers, runners, survivors, and zombies should visit the static display areas and activities before or after 1 Mile or 5K.
8. Activities and displays will begin at 11:00 am and go until 3:00 pm.
9. Please complete registration on-line for Walk or Run at <http://ultimateracemanagement.com/>
10. No refunds, too much planning and coordination have gone into the event.
11. All race participants must wear the provided race bib.
12. Runner/Walker/Visitor Parking at Lots "W2" and "Q" Campus/Parking Map: <http://static.wfu.edu/files/pdf/visitors/reynolda.parkingmap.pdf>
13. For additional event information see: <http://www.readyforsyth.org/>
14. Bathrooms and water fountains are available in Reynolda Hall and Benson Center.
15. Reminder this is also a food drive for Second Harvest Food Bank to **FILL THE TRUCK**, involving non-perishable food items. This includes items such as canned vegetables, canned fruits, canned meats, pasta, rice, peanut butter, etc.
16. Enjoy the event, bring some canned goods, be safe and have fun!!