



Best Western Pembroke Inn & Conference Centre

ZOMBIE Thrill Run 2014

All proceeds of this event go to...



Canadian
Cancer
Society

Société
canadienne
du cancer

IN SUPPORT OF BREAST CANCER RESEARCH

IN LOVING MEMORY OF ROBYN GRAVEL

Register online at www.cancer.ca/zombiethrillrun or registration forms can be picked up and dropped off at Best Western Pembroke Fitness, Pembroke Mall Office, the Cancer Society and Gear Heads in Petawawa.



3 Frightening Runs On October 26, 2014

2 KM RUN

Trick or Treat Fun Run

\$20 for 4 people
\$10 for any extra
Race starts at
9:30 AM

5 KM RUN

Make it or Break It

Timed Run
\$30
Race starts at
10:30 AM

10 KM RUN

Great Escape

Timed Run
\$35
Race starts at
10:00 AM

First 200 registered in the 5 and 10 km will receive a Black Zombie Run T-shirt

PRIZES



Most \$\$ Raised
1st Nike GPS Watch
Sponsored by Stewart Ray State Farm



2nd Schwinn Bike
Sponsored by the Phantom Zombie



3rd Running Room Gift Card
Sponsored by Dr. James Gallant

Prizes awarded for 1st female and male in the 5 and 10 K

Participants Receive

- First 200 in the 5 & 10K receive a black Zombie Run T-shirt sponsored by Best Western Fitness
- All participants receive a finisher medal sponsored by Frances Lemke Cooperators Insurance
- All participants receive a Tote bag sponsored by the Pembroke Mall
- Access to race photos, beverages and snacks
- 2K participants will receive Trick or Treats and lots of special surprises along the route

SPONSORS



Dr. James Gallant



Gentle Care



Pembroke Inn & Conference Centre



FOR MORE INFORMATION CONTACT TAMMY AT 613-735-0474