



OUTRUN THE ZOMBIES...*IF YOU DARE*

SATURDAY, SEPT. 10, 2016

The Zombie OUT-Run is the Valley's newest and most gruesome fundraising event.

This exciting 3km running/obstacle course is for thrill seekers of all athletic ability. Try to out run the "Friendly Town's" undead and you'll be rewarded with a 'Survivor' medal. Succumb to the zombies and finish with an 'Infected' medal.

Because our zombies are local, they are all 'friendly'. However, given the nature of the event, we ask that an adult accompany anyone under 10 years old.

REGISTER TODAY!

Run for yourself or come as a team. Either way, you're walking home with a cool t-shirt, a dog-tag style medal, some post-apocalyptic food and awesome memories.

Pledges and Donations:

Because this is a fundraising event to support women's health in your neighbourhood, you are **committing to raising a minimum of \$40** (in addition to your **\$10 registration fee**)

This is a fun-raising event for a great cause and if you don't raise the minimum \$40 donation, it will cost us money to have you at the event. **So, you will only be allowed to participate if you fundraise the minimum amount.**

The more you raise, the more good karma will come your way

Register online and personalize your donation page so it's easy to raise your money. When friends and family to add their support to yours; the impact *you* have on the care of the daughters, sisters, mothers and grandmoms of our community increases with every pledge.

Let them know what you're doing and how they can help support women's health close to home by sharing the link to your personal page on Facebook, Twitter or in the body of an email.

Your "Fans" can make a secure credit card pledge directly through your personal page and receive a charitable tax receipt by return email.

IF YOU'RE READY, SIGN WITH YOUR BLOOD!!

Questions: Contact a member of our planning team at: foundation@agh-fvm.com or call 613-256-2500 ext. 2296

Full event details are available at: <https://www.events.runningroom.com/site/?raceId=12939>

Please note: For the safety of participants, no animals or bikes are permitted at this event.