



ZOMBIE THRILL RUN PEMBROKE 2017

SATURDAY OCTOBER 28TH

IN LOVING MEMORY OF ZACH LAPOINTE

Pre-Race Pick-Up & Late Registration

Location:	Best Western Pembroke Inn in the lobby.
Date:	Friday, October 27/2017
Time:	4pm – 8 pm

Race Pick-Up

Location:	In the tent in front of Algonquin College
Date:	Saturday, October 28/2017
Time:	8:00 AM

Trick or Treat Bags

Location:	Will be handed out at the start line.
Date:	Saturday October 28/2017
Time:	Starting at 9:20 AM

Late Registration

Registration will be closed for the 5K at 10 am and 9:30 for the 10K runs. You may register after this time but your race WILL NOT be timed. You can register for the family 2 K until 9 am and the 3 K Senior's Poker walk until 8:15 am.

Location:	Algonquin College – Inside the Building Common area
Date:	Saturday, October 28/2017
Time:	OPENS at 8 AM

A non-profit initiative that will provide our community with a safe place to bike, run and walk on this multi use trail. Organized & presented by [Best Western Pembroke Inn](#) and [The Pembroke Fitness Centre](#).

Opening Ceremony

by Chris Cooper DJ Service: Welcome – Tammy Blackmore (Welcome runners, volunteers and guests), Guest Speakers – Brenda and Jimmy Lapointe, We welcome the Dancers from Starz in Motion Dance Studio.

Location: Algonquin College –Start line

Date: Saturday, October 28/2017

Time: 9:20 AM

Silent Auction

If you are the lucky bidder you may purchase your item and take it home at 11:15 am. If you are not present you may pick your item up at the Best Western the following week. See below for details.

Location: Algonquin College – Inside the building Common area

Date: Saturday, October 28/2017

Time: Opens at 8 am and closes at 11:15 am

Awards

Presented by Tammy Blackmore

Location: Algonquin College – outside

Date: Saturday, October 28/2017

Time: 12 Noon

The Giant Tiger Train

Will be waiting for the kids after the 2 k to take them down town for more fun. The Giant Tiger Mascot will be available for photos while you wait for the train.

Location: Algonquin College – Finish line

Date: Saturday, October 28/2017

Time: 9:45 AM

Pumpkin Painting

Location: In the Giant Tiger community room inside Giant Tiger (near the Prince Street entrance) – Pumpkin painting sponsored by the PBIA

Date: Saturday, October 28/2017

Time: 10 am-1 pm

A non-profit initiative that will provide our community with a safe place to bike, run and walk on this multi use trail. Organized & presented by [Best Western Pembroke Inn](#) and [The Pembroke Fitness Centre](#).

Running Routes

Zombie Run-2k Family Trick-or-Treat Route



A non-profit initiative that will provide our community with a safe place to bike, run and walk on this multi use trail. Organized & presented by [Best Western Pembroke Inn](#) and [The Pembroke Fitness Centre](#).

Zombie Run 5k Route



A non-profit initiative that will provide our community with a safe place to bike, run and walk on this multi use trail. Organized & presented by [Best Western Pembroke Inn](#) and [The Pembroke Fitness Centre](#).

Senior's Poker Walk Route

SENIOR'S 3K POKER WALK Sponsored by Ryan Pattinson

5th Annual Zombie Thrill Run 2017
Go like a Zombie is after you!
I RAN FOR THE NEW ALGONQUIN TRAIL

distance 3.00 km
energy 815 kJ

Remember walkers always stay to the LEFT SIDE of the route.

NEW - The Algonquin Trail

Start / Finish

Card #1, Card #2, Card #3, Card #4, Card #5

Miramichi

Riverside Park, Riverside Park Campground, Rotary Park

Map, Satellite, OSM

Follow roads, Start, Stop, Close loop, Out & back, Undo, Clear all, Save, Print, Edit Route, Graphs, Show Elevation, Show Gradient, Refresh Elevation, Preferences

A non-profit initiative that will provide our community with a safe place to bike, run and walk on this multi use trail. Organized & presented by [Best Western Pembroke Inn](#) and [The Pembroke Fitness Centre](#).

Zombie Run 10k Route



Additional Event Details

1. **The first 200 registered receive a free t shirt** sponsored by the Best Western Fitness Centre. If you qualified they will be in your race kit.
2. **Parking available at Algonquin College and the two parking lots at the Pembroke Marina.**
3. **All photos** will be available on our [Facebook page](#).
4. **Trick or treating for the kids** in downtown Pembroke. Any business with black and Orange Balloons outside their business will be participating.
5. **Complimentary water, fruit, cupcakes, muffins hot chocolate and coffee** available in the tent at Algonquin College. There will be a smoothie bar and popcorn available inside.
6. **There will be a biker** at the beginning and end of every race.
7. **There will be 1 water station** along the route – Water Sponsored by Culligan Water.
8. **Renfrew County Paramedics on hand** A huge *thank you* to the paramedics!!

A non-profit initiative that will provide our community with a safe place to bike, run and walk on this multi use trail. Organized & presented by [Best Western Pembroke Inn](#) and [The Pembroke Fitness Centre](#).

9. **EVERY CHILD in the 2 K, every participant in the 5 and 10 K** will receive a Medal sponsored by Frances M. Lemke Insurance.
10. **Follow our Facebook page** "[Zombie Thrill Run](#)" for any updates, auction items or race information.
11. **We will accept credit card, cash or cheque for the Auction items.** If you are not present you can pick up your item at the Best Western the following week1 international Drive, Pembroke.



ZOMBIE THRILL RUN AWARDS FOR THE UNDEAD

Awards are as Follows:

- **Best dressed:** 1st, 2nd and 3rd
- **Most money raised** sponsored by Stewart Ray State Farm, Dr. James Gallant, Frank's Electric and Gear Heads Petawawa –
- **Prizes include...**Kayak valued at \$699, 2018 Talon 3 BLK/RED Bike & Wasp Tact Sports Camera and Accessories
- 1st place Male and Female in the 5 K – Sponsored by [Best Western Fitness](#)

Start Time for the Races are:



ZOMBIE RACE START TIMES

- **3 K Senior's Poker Walk** – 8:45 am Watch for the stations along the route to pick up your card. The best hand will receive a Fit Bit sponsored by Ryan Pattinson
Please bring your hand to the table at the finish line to receive your lotto card.
- **2 K Family trick or treat run** – 9:30 am
All children in the 2 K will receive a trick or treat bag sponsored by the Pembroke Mall at the start line.
- **10 K Timed Walk /Run** – 10 am
- **5 K Timed Run** – 10:30 am

A non-profit initiative that will provide our community with a safe place to bike, run and walk on this multi use trail. Organized & presented by [Best Western Pembroke Inn](#) and [The Pembroke Fitness Centre](#).

WHEN YOU ARE ON THE ROUTE PLEASE STAY TO THE LEFT SIDE OF THE PATH IN THE DIRECTION THAT YOU ARE GOING (DIRECTIONAL ARROWS WILL BE ON THE ROUTE FOR YOU TO FOLLOW

Race results for the 5 and 10K will be available at Running Goat Timing – runninggoattiming.com shortly after the race.

Are you ready to run like a Zombie is after you?

A non-profit initiative that will provide our community with a safe place to bike, run and walk on this multi use trail. Organized & presented by [Best Western Pembroke Inn](#) and [The Pembroke Fitness Centre](#).