

*The Absentee Shawnee...*

**5K Zombie Run**

**Run For Your Life...Again!**

Sponsored by the AST SPF Program  
and AST Diabetes and Wellness

October 31st, 2015

9:00 a.m.

Little Axe Health  
Center



Kids Costume  
Contest!  
Medals!  
Live DJ!

\*Only pre-registered  
participants will receive  
a t-shirt

\*5K participants must be ages  
12 years or older. Under 12  
years may participate in the  
walk

**PRE-REGISTER for a t-shirt before SEPTEMBER 30th**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City, State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Age on race day: \_\_\_\_\_ T-Shirt Size: **YS YM YL / S M L XL XXL** Male: \_\_\_\_\_ Female: \_\_\_\_\_ **5K RUN** or **1 Mile Walk**

Waiver: In consideration of the acceptance of this entry I waive all claims for myself and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with this event and will hold them harmless for any and all injuries which may result from my participation. I hereby give my permission to the media to use my name and photograph in the AST newsletter without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

\_\_\_\_\_  
Signature Date

For more information, please contact Buster Bread at (405) 364-7298, or Kasey Dean at (405) 701-7933. T-shirts WILL NOT be provided for day of registration participants. Participants under the age of 12 may only run in the fun walk for safety precautions.