

LONG VALLEY FIRST AID SQUAD
VIRTUAL ZOMBIE 5K 2020
SPONSOR A "ZOMBIE on the RUN"

5K "ZOMBIE" PARTICIPANT _____

ADDRESS _____

PHONE _____ EMAIL _____

SPONSOR	PHONE	EMAIL	AMOUNT	COLLECTED

Participants: Obtain your sponsors; run or walk a 5K course of your choosing, or try the LVFAS course on the Columbia Trail (map available at www.lvfas.org); after completing the course, collect from your sponsors; consolidate donations and submit to DONATIONS at runsignup.com. Please submit all donations by November 5, 2020.