

General Rules of the Tread of the Undead Zombie 5.5K:

1. No direct and intentional physical contact between "zombies" and "humans." This includes: pulling, grabbing, holding, pushing, striking, tackling, kicking, biting, spitting, or using any item to threaten or intimidate "zombies" from pulling flags or "humans" from continuing down the course. *Any violators will not be allowed to finish the race or be eligible for any prizes; they will be pulled from the course and escorted off the premises. Police involvement may be requested if needed.*
2. Nobody under the influence of drugs or alcohol will be permitted and will not receive a refund.
3. In general, no hand-held props will be allowed, especially, no weapons or mock weapons.
4. No pets or strollers allowed on course.
5. Participants and spectators must follow all instructions given from race organizers, representatives of Run wild Missoula, race volunteers and medical personnel.
6. There is no secure storage on-site. Please lock personal items in your vehicle during the race. Event organizers are not liable for any lost or stolen property.
7. Please have fun in a safe manner and help create an enjoyable & memorable event.
8. Additional rules may be added if deemed necessary at any time.

"Human" Specific Rules for Tread of the Undead Zombie 5.5k:

1. If a "human" loses all their flags, please finish the course as an infected human. You do not become a "zombie" during the race and do not get to start pulling flags from "humans."
2. "Humans" must wear the flag belt around your waist & flags must be available for "zombies" to pull throughout the whole race. They must be visible & free of obstruction by course officials & "zombies." Do not tuck them into or cover them by other clothing. Do not wrap the flags around the belt. Do not hide, tie, safety pin, or otherwise obstruct flags. Do not hold onto or block your flags from a "zombie's" reach. Do not have other items hanging from your waist that could be accidentally pulled in error. You must only use your ability to out-run or out maneuver "zombies" to keep your flags. Any violation may result in disqualification.
3. "Humans" must stay on course, no back-tracking or skipping corners to avoid "zombie" areas. If you are travelling with a participant under 13, please stay with them to the best of your ability. If you get ahead of them, please find a zombie free zone to stop & let them catch up.
4. Please start in the wave you are designated for. These waves are created to spread people out and to ensure a safe & fun race.

"Zombie" Specific Rules for Tread of the Undead Zombie 5.5k:

1. A "zombie" may never grab more than one flag from a runner.
2. After grabbing a flag from a runner you must drop it off in the flag receptacle before going back to the course to be able to grab another flag.
3. "Zombies" are not allowed to run. You can reach, stumble, shuffle, walk, or creep, but no running is allowed.
4. "Zombie" must stay within their designated zombie zone.
5. "Zombies" must have distinguishing make-up & costume so "humans" will know they are "zombies."
6. "Zombies" must not completely block the course path. Runners must have an opportunity to maneuver through the horde without completely varying from the course.