

Shenandoah Zombie Run 5K – Frequently Asked Questions

What is the Shenandoah Zombie Run 5K?

The Shenandoah Zombie Run 5K – “Not Dead Yet” is a Halloween-themed race experience at Camp Shenandoah where participants choose how they want to enjoy the event—run, walk, chase, or simply survive the zombies!

What makes this year different?

This year, **everyone starts together at 9:00 AM**, but participants select their race experience. Those who want the excitement of being chased will head out in the lead pack and will register as “**Living**”. Participants registered as “**Zombies**” can choose to chase the front runners or enjoy the course at their own peaceful pace.



Do I have to run?

Not at all! Walkers are welcome.

What does registering as a Zombie mean?

Zombie participants are part of the themed experience. You can either:

- Chase the runners who choose the zombie challenge experience, or
- Enjoy the course at your own pace and join in the fun atmosphere.

Will zombies actually touch runners?

No. This event is designed to be fun and family-friendly. Zombies are part of the experience and atmosphere—not physical obstacles.

Is the event family friendly?

Absolutely. Participants of all ages are welcome. Costumes are encouraged but should remain appropriate for a family audience.

Do I have to wear a costume?

No, but costumes are highly encouraged! Whether you come as a runner, zombie, Scout, superhero, or your own creative character, costumes make the event more fun.

Is this a timed race?

Participants are welcome to race competitively or simply enjoy the experience. Timing details will be shared with registration information.

Where is the race held?

The event takes place at **Camp Shenandoah, 222 Boy Scout Lane, Swoope, VA 24479.**

Where do I park?

Event parking and arrival instructions will be sent to registered participants prior to race day.

What time should I arrive?

Plan to arrive at least **30–45 minutes before the 9:00 AM start** to allow time for parking, check-in, and getting to the starting area.

What should I bring?

Comfortable running or walking shoes, weather-appropriate clothing, water, and your Halloween spirit.

Is the event rain or shine?

Yes. The Zombie Run will take place rain or shine unless severe weather conditions create an unsafe environment.

Can I bring pets?

For the safety and comfort of all participants, please leave pets at home unless they are service animals.

How does this event support Scouting?

Proceeds from the event help support local youth through Scouting programs, outdoor experiences, leadership development, and maintaining Camp Shenandoah for future generations.

How do I register?

Registration details and sponsorship information will be available through the event page and event communications.

Final Question... Will you survive?

There's only one way to find out. Join us October 31 and prove you're **Not Dead Yet.**

For more information and questions please email our course directors at:

zombierun@virginiaheadwaters.org

