

Woods of Terror Partners with the American Heart Association to Outrun Heart Disease at 5K Zombie Mud Run

GREENSBORO, N.C., Sept. 5, 2013 (SEND2PRESS NEWSWIRE) – Woods of Terror and American Heart Association are partnering to get your heart tough! Woods of Terror's First Annual [5K Zombie Mud Run](#) on September 14 at 9:30 a.m. will benefit the American Heart Association in the Triad. Two dollars (\$2) from every registration fee will go to the American Heart Association to help eradicate heart disease. All funds raised for the AHA will benefit heart disease and stroke research and prevention education.

The 5K run, set at [Woods of Terror](#) will feature zombie runners including real zombies from the Woods of Terror and survivor runners. Runners and adventure racers can expect to step into zombie infested mud encountering intense boggy grounds and punishing obstacles all while navigating a 5K course. Runners can either run with or outrun zombies in a capture the flag style game knowing that a portion of their registration goes to a good cause. Participants should expect to get their heart racing and blood screaming.

"We are in the business of making hearts shudder, what better way to give back than to the American Heart Association," says owner Eddie McLaurin. "Many will register for the fun of it, but we want to let people know this is also to benefit a great cause."

One in every three people in the U.S. is affected by cardiovascular disease. However, 80 percent of heart disease can be prevented through heart-healthy lifestyle changes, such as increasing physical activity, improving heart healthy eating habits, and monitoring blood pressure, blood glucose and blood glucose.

"We are excited to partner with Woods of Terror to celebrate the Halloween season in a way that gets people active," shares Sarah Fedele, Director of Communications & Marketing for the [American Heart Association in the Triad](#). "The American Heart Association recommends 30 minutes of exercise most days a week for adults to help prevent heart disease. If people can train and then out run the zombies, they will also be helping themselves to out run heart disease!"

Registration includes racing bib complete with runners number, Woods of Terror zombie T-shirt, admission to the Survivor's Party/Zombie Prom and free Thursday or Sunday ticket to Woods of Terror during the haunt season. Spectators can enjoy in the fun for as little as \$5-\$10. All runners must be 14 years of age or older by September 14, 2013 in order to participate. To register please visit, <http://www.woodsforterrorzombiemudrun.com/>.

For more information on preventing heart disease, visit www.mylifecheck.org to learn about the American Heart Association's Life's Simple 7 program and

to get your personalized plan to reduce your risk for heart disease.

Dates: September 14, 2013

Cost:

- After August 20 Runners \$75, Zombies \$35, Spectators \$5
- After September 1 Runners \$85, Zombies \$35, Spectators \$10
- Day of Event Runners \$95, Spectators \$10

Group discount of \$5 with 5 or more registering at the same time.

Location:

- Woods of Terror is located at 5601 North Church Street, Greensboro, NC 27455

Contact:

- <http://www.woodsofterrorzombiemudrun.com>
- <https://www.facebook.com/WoodsOfTerror>
- <https://twitter.com/WOTZombiemudrun>
- <http://instagram.com/woodsofterror#>
- 336-286-2163

About Woods of Terror:

Since 1991, Woods of Terror has been scaring the more than 30,000 who visit the attraction each year. It covers more than 30 acres of land in Greensboro. MSN has consistently ranked Woods of Terror number nine out of its top 20 haunts in the U.S. It was also named Best Haunted House in North Carolina by HauntedHouse.com and it was selected as one of the 11 best haunts in the country by Reader's Digest. For more information please visit <http://www.woodsofterror.com/>.

Zombie Mud Run Media Sponsor: 105.7 NOW.

News issued by: Woods of Terror



Send2Press® Newswire

Original Image: https://www.send2press.com/wire/images/13-0905-woterror_400x300.jpg

#

Original Story ID: 2013-09-0905-002 (8935) :: Woods-of-Terror-Partners-with-the-American-Heart-Association-to-Outrun-Heart-Disease-at-5K-Zombie-Mud-Run_2013-09-0905-002

Original Keywords: 5K Zombie Mud Run, Woods of Terror, American Heart Association in the Triad, Sarah Fedele, zombiemudrun, woods of terror, 5krun zombie run, North Carolina Zombie Mud Run, Eddie McLaurin Woods of Terror Greensboro North Carolina GREENSBORO, N.C.

Alternate Headline: 5K Zombie Mud Run in North Carolina to Outrun Heart Disease announced by Woods of Terror

NEWS ARCHIVE NOTE: this archival news content, issued by the news source via Send2Press Newswire, was originally located in the Send2Press® 2004-2015 2.0 news platform and has been permanently converted/moved (and redirected) into our 3.0 platform. Also note the story "reads" counter (bottom of page) does not include any data prior to Oct. 30, 2016. This press release was originally published/issued: Thu, 05 Sep 2013 15:20:45 +0000

Original Shortcode for Story: <http://goo.gl/LbX0JX>