BASS PRO SHOPS FITNESS series
SPRINGFIELD MISSOURI

ZOMBIE RUN WALK



Saturday, October 19, 10:00AM

Registration includes many Farm Park activities, shirt, finishers medal and fun!

Kids Pre-K through 8th grade can choose their distance:

.25 Miles | .5 Miles | 1 Miles | 2 Miles

Register today!

Presented by:

BEEF. IT'S WHAT'S FOR DINNER®

Great Price!

- $15 kids under 14 years old
- $20 for 14+ years old

RUTLEDGE WILSON FARM PARK

3825 W, Farm Road 146, Springfield MO 65802

Fitness.basspro.com

ZOMBIE RUN WALK

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Brought to you by Bass Pro Shops and presented by the Missouri Beef Industry Council, the Rock4Kids Zombie Run is open to kids pre-kindergarten through eighth grade. Families may run together but they must all register to ensure the safety of the participants. This event is one of two Rock4Kids events during the academic year. We hope you will join us for our Paint the Run in the spring.



Kids may choose to walk or run one of four distances. There will be zombies on the course for the older kids and routes will also offer fall festival themes.

Finishers receive Rock4Kids medals while early registrants receive Zombie Run T-shirts.

- Event Date: Saturday, October 19
- Check-In Time: 9:30 AM
- Race Start Time: 10:00 AM
- Event Location: Rutledge Wilson Farm Park
- Packet Pick-Up Date and Time: Saturday, October 19 from 9:00am-9:30am
- Packet Pick-Up Location: Rutledge Wilson Farm Park
- Race Distances: .25 miles, .50 miles, 1 mile, 2 miles; participants can choose their distances based on their age and skill level

The .25 mile race will start at 10 AM; all other races begin around 10:05 AM.

Participants must be on site no later than 20 minutes prior to race time; participants must be at their starting line by 9:45 AM. Parking will be located in the park.

Packet Pick Up will take place on Saturday, October 19 at Rutledge Wilson Farm Park.

Special thanks to the Missouri Beef Industry Council for their support of the Rock4Kids series and their desire to help our kids stay healthy and strong. Thanks also to Mercy Hospitals and Clinics for providing medical support to all of our events.

BEEF. IT'S WHAT'S FOR DINNER®

Bass Pro Shops



BEEF & VEGETABLE STIR FRY

Ingredients

- 1 pound Ground Beef (93% lean or leaner)
- 2 teaspoons minced garlic
- 1 teaspoon grated fresh ginger or 1/4 teaspoon ground ginger
- 1 red bell pepper, cut into 1/2-inch pieces
- 1 package (6 ounces) frozen pea pods
- 3 cups cold cooked rice
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons sesame oil
- 1/4 cup thinly sliced green onions

Cooking Steps:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, garlic and ginger; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings, as necessary.
2. Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.
3. Heat 2 tablespoons water in same skillet over medium-high heat until hot. Add bell pepper and pea pods; cook 3 minutes or until pepper is crisp-tender, stirring occasionally. Stir in rice, soy sauce and sesame oil.
4. Return beef to skillet; heat through. Stir in onions.

This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Phosphorus, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, and Choline.

NUTRITION

WHEN USING 93% LEAN BEEF

- 421 CALORIES
- 32g PROTEIN
- 10.9g TOTAL FAT
- 48g CARBS

Looking for more family dinner night inspiration?
Visit BEEFITSWHATSFORDINNER.COM

MISSOURI BEEF® INDUSTRY COUNCIL