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The zombie Run 5K

People under this generation tend to exercise more to keep them health. Among all kinds of exercising. Marathon is becoming a hit. There are also a variety of theme-based marathons that catch people's eyes. If I have the chance to hold a marathon, I'll name after zombie.

I would like to hold the zombie run during Halloween. There are three reasons why I hold the zombie run. First, I think it is good for a family to celebrate Halloween in such a special and interesting way. Children can not only have fun with their parents but also concentrate their attention on running. Second, The biggest feature of the zombie run is that there will have lots of zombies chasing after you while running. To avoid these zombies you won't stop and you will run as fast as you can. Because of this, you can train your breathing capacity and your muscle. Third, you can promote your courage if your are a timid person. You can see a variety of zombies during the zombie run, of course, all of them are human, not real zombie. You don't have to afraid of them. Although their appearance are horrified, they are very friendly and they won't hurt you.

If I can hold a theme-based marathon like this, it will be wonderful. I think people all around the world will deeply in love with Marathon because of many forms of theme-based Marathons that are held these years. Most important of all, people can get more and more healthy by attending Marathon. So, let's join the Marathon and be healthy!