



Fit to Fight 5K and Fun Run

Saturday August 25th

JOIN US AS WE PROMOTE HEALTH AND FITNESS IN THE FIRE SERVICE with the Fit to Fight 5K sponsored by the International Association of Fire Chiefs (IAFC). Last year IAFC President, Chief Jim Harmes, challenged everyone to take 10,000 steps a day, this is your opportunity to get involved and show the steps you have taken towards a healthier lifestyle.

START TIMES

1 Mile Fun Run..... 7:45 am
5K Run8:00 am
Race Day Registration 7:00 am

COURSE:

The race begins at the Georgia World Congress Center, International Plaza/Red Parking Deck. The course winds through the scenic and historic streets of Atlanta providing a unique view of the city.

COST:

The race fee is \$20 (\$25 after July 15th) and all proceeds will be given to the National Fallen Firefighters Foundation. This entrance fee also includes a race t-shirt and admission to the Public Safety Expo.

Join us for refreshments following the race and then head in to the brand new Public Safety Expo being held at the Georgia World Congress Center. Families will enjoy the interactive exhibits that will educate children and adults on issues from bike safety to making your home a fire safe house. Plus, kids will get to check out the fire engines on display and meet with real fire service heroes in your community.

AWARDS:

Prizes will be given to the top three finishers in each age group. Cash prizes of \$100 will be awarded to the top male and female finishers and to the first male and female to cross the finish line dressed in full protective structural firefighting gear and helmet (liner, boots and SCBA not required).

QUESTIONS:

CALL: 703/537-4821 to speak with the IAFC concerning race details

RACE DIRECTOR: Skip Breaser, Racing Solutions
770/518-8002

PLEASE COMPLETE THE FOLLOWING INFORMATION:

First Name _____

Last Name _____

Address _____

City _____ State _____

Zip _____ e-mail _____

RACE (CHECK ONE): 5K 1 Mile Fun Run

AGE GROUP:
 8 & Under 9-13 14-19 20-29
 30-39 40-49 50-59 60 & over

SEX: Male Female

SHIRT SIZE: S M L XL XXL

PAYMENT INFORMATION: (Registration form must accompany payment to be processed.)

- Check Enclosed (Please make checks payable to "IAFC," in U.S. funds.)
- Credit Card AMEX VISA MasterCard Discover

Card # _____ Expiration Date (must be after 9/07) _____

Name as it appears on card _____

Signature _____

HOW TO REGISTER:

Online: www.iafc.org/5k

By Mail: IAFC Registration Center
c/o J. Spargo and Associates
11208 Waples Mill Rd, Suite 112
Fairfax, VA 22030

Fax: 703/631-1167

Questions: 800/934-1957 or
703/449-6418

In consideration of acceptance of this entry , I waive any and all claims against the International Association of Fire Chiefs (IAFC) , race officials and/or sponsors of the Fit to Fight 5K for any illness or injury which may directly or indirectly result from my participation I further state that I am in proper physical condition to participate in this event.

Signature _____

Date _____

Parent or Guardian must sign for participants under 18 years of age

Fax your completed registration form to 703/631-1167.

