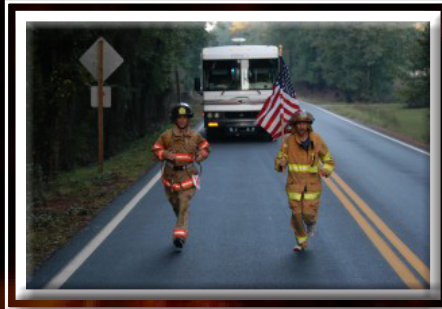




The 2010 Georgia Fit to Fight Firefighter Relay



The 2010 Georgia Fit to Fight Firefighter Relay is a free event this year. We need teams of 12 from as many fire departments as possible. This is the 10th anniversary of the attack on America and we would like as many departments as we can get to run to honor the 343 fallen fire fighters who died in the World Trade Center collapse. Teams of at least two will run in front of support vehicles, in turnout gear, without the inner lining, from Douglas County, to the Marietta Square, to the Canton Square and back to the Marietta Square. (Approximately 75 miles). The entire distance will be covered with at least two team members on the road at all times, one with an



who finish the relay, a shoot out will be held at the end that will determine the "victor".

SCBA, and the other holding the American flag. Start time is 6:00 p.m. in Douglas County on September 10th with a completion time of approximately 8:00 a.m. on September 11th at the Marietta Square. For all teams



First among the numerous goals of our annual fitness relay is to honor fallen firefighters throughout the United States. In an effort to change the leading cause of death among firefighters, which is heart disease, we are working to raise awareness within the fire service regarding health and wellness. It is imperative that we bring attention to the wellness and lifestyle habits of our firefighters in an effort to decrease heart disease and cardiac related deaths. With the many dangers that we face on a daily basis, a healthy diet coupled with a daily workout program is typically all we need to maximize our wellness. While many people assume that the major dangers we face include scene hazards, fire, uncooperative patients and fire ground accidents, the reality is that stress and sudden cardiac death are the most likely cause of death for firefighters. According to the Federal

Emergency Management Agency (FEMA), so far in 2004, approximately 55% of firefighter deaths were caused by stress/overexertion. And of these deaths, 23% were between the age 31-40, 26% were between the age 41-50, and 30% were between the age 51 to 60.



Free For Everyone!

Please contact either Johnny Buice (404) 949-8453 or Terri Baum (678) 699-1739