

## **Fire Department to Mark the 22<sup>st</sup> Anniversary of the Suffield Firefighters 5k Road Race**

The Suffield Firefighters Association proudly announces the 22<sup>st</sup> annual Firefighters 5K walk/run

Walkers/runners again this year set off from South Grand Street at the start of the annual Suffield Firefighters 5K road race running and walking on a beautiful Sunday morning through some of the most picturesque streets in Suffield passing tobacco farms, open fields and other rural charm the Town of Suffield has to offer.

This year on June 3 at 9 A.M sharp, The Suffield Firefighters will once again host the annual road race. The race route remains the same beginning on South Grand Street going south to Sheldon Street, then to Mountain Road and ending at Bruce Park. The event was re-named a few years ago and is now entitled a Paul R. Simison Memorial Annual 5K Road Race, named for Paul who was the founder of the race. Paul's hopes for the race was to draw attention to health and fitness—an important attribute for firefighters as well as for volunteerism.

Each year trophies and medals are awarded for the first place male and female winners in various age group categories. Additionally, there are numerous door prizes to local businesses for the participants.

Registration forms will be available on line at [www.suffieldct.gov](http://www.suffieldct.gov)  
Interested participants may also pick up race forms at the Suffield Fire House on Mountain Road as well as Suffield Town Hall, Kent Memorial Library, Suffield Police Department and First National Bank of Suffield.

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