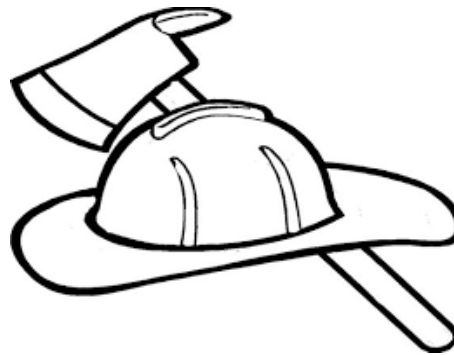


Race Sponsors

Without the help and support of local businesses we would be hard pressed to run this fund raising event. A special thanks go out to all of our official sponsors from 2018 who generously donated to last year's event:

- ◆ The First National Bank of Suffield
- ◆ Greenwood Emergency Vehicles
- ◆ Mike Pinto E-1 Fire Apparatus
- ◆ Cupola Hollow Farm
- ◆ EMSI Services
- ◆ West Side Oil
- ◆ Suffield Pizza
- ◆ Chestnut Oak Realty
- ◆ Alfano & Flynn LLC, Attorneys at Law
- ◆ Suffield Veterinary Hospital
- ◆ Dimensions Hair Design
- ◆ Land Warrior Cross Fit
- ◆ DiLorenzo Insurance & Financial Services
- ◆ Highland Park Market
- ◆ BC Timing
- ◆ Guzie Landscape
- ◆ Primary Spine and Rehab

- ◆ Integrated Rehabilitation Services
- ◆ Simison Family
- ◆ The Republican
- ◆ Zantos of Suffield
- ◆ Shipman's Fire Equipment
- ◆ Cynthia Simison
- ◆ Suffield Hardware
- ◆ West Village Tire and Auto
- ◆ Krupa Oil Company
- ◆ P.A. Bland & Associates
- ◆ Total Refrigeration
- ◆ Vincent Farms
- ◆ Ameri-cans
- ◆ Pete Hill



**S U F F I E L D F I R E
D E P A R T M E N T**

73 Mountain Road
Suffield, CT 06078

Phone: 860-668-3888
Fax: 860-668-3891

E-mail: President.SuffieldFire@gmail.com



The Suffield Firefighter's
Annual 5K Road Race
(Run/Walk)

Firefighter Paul R. Simison

Memorial Event

Sunday June 2, 2019

9:00 AM Sharp



The Course

Scenic, USAT&F certified 5-kilometer course rolls gently past some of Suffield's oldest homes and working farms. The course begins on South Grand Street in West Suffield Center and travels south to Sheldon Street, left on Sheldon Street to Mountain Road, left onto Mountain Road, then to the finish line at the Bruce Park Entrance.

The Firefighters 5K Race

Sunday, June 2, 2019 at 9:00AM, the Suffield Firefighters Association will host the Annual Suffield Firefighters 5K Road Race at Spaulding Elementary School 945 Mountain Road, West Suffield, CT.

The race is dedicated to the memory of Fire-fighter Paul R. Simison who founded this event 23 years ago. The success this race has enjoyed over the years, and the fun times had by all the participants, was something Paul held dear to his heart.

Last year, we hosted over 450 participants ranging in age from 4 to 84. We welcome anyone who wishes to enjoy a pleasurable run or walk through a scenic and relaxing landscape of historic homes and working farms.

All the proceeds from this event will help continue to support your local firefighters. We deeply appreciate your support for our efforts.

Thanks to all of you!

Location and Parking

Park at Spaulding School • Pick up your shirt and number at Spaulding School (between 7 and 8:30). • You will be bussed from the school to the starting line • The race starts promptly at 9:00AM • Race will end at Bruce Park.

Date and Time

• Sunday, June 2nd, 2019

• 9:00 AM SHARP

Entry Fees

• \$20.00 Pre-Registration (Entry Received Before May 19, 2019)

• \$25.00 on or after May 19, 2019

• \$30.00 Day of Race 7-8:30 AM Bruce Park Entrance (next to Police Station)

• \$15.00 per entry for a member of a fire department or emergency service organization competing as a team.

• *A team must consist of four or more entrants.*

T-Shirts are guaranteed for all entrants with pre-registration, be sure to give us your size (Men's Adult T-Shirt size).

Make Checks Payable to:

Suffield Firefighters Association

Awards

• Medals for top finishers in each age group

• Trophy for first place team

• Chiefs Trophy Top Fire Department Team

• President's Trophy Top EMS or PD Team

• Annual Paul R. Simison Healthy Spirit Award

• *Door prizes will be awarded*

• *Light refreshments available for all race participants*

Name	
Address	
Town	
State	Zip
Age	Gender
Team Entry	
Email:	

T-Shirt Size: SM MD LG XL XXL

BIB #

X

Phone Number

In signing this entry, I, for myself, my heirs, executors and administrators, waive and release any and all rights to claim for damages and liabilities in case of death or injury received during participation in the race that I may have against the organizers The Suffield Firefighters Association, the Suffield Fire Department, the Town of Suffield, and the sponsors of the race. I attest that I am physically fit and have sufficiently trained for this event. If the runner is under 18, this form must be signed by a parent or legal guardian.

X

Association may be published.

MAIL APPLICATIONS TO:

Firefighters 5K Run

Suffield Firefighters Association

73 Mountain Road

Suffield, CT 06078

MAKE CHECKS PAYABLE TO:

Suffield Firefighters Association