

FIT FOR FIRE



5K
JUNE 30, 2006



6:30 pm Race Start
Delaware & Chippewa

This year's race is dedicated to the late Carl Roesch – athlete, coach, race organizer, Buffalo Firefighter – in recognition of his contributions to the local track and field scene, and in support of the ongoing effort to induct Carl into the Greater Buffalo Sports Hall of Fame.



USATF Certified
NY 99040 AM

Post-Race Awards:
Darcy McGee's
[BUFFALO BLUES AND BARBEQUE]
257 Franklin St @ Chippewa

Packet pick-up:

- June 29th - 9am-3:30pm @ 195 Court St.**
- June 30th - 9am-3:30pm @ 195 Court St.**
- June 30th - 4:30-6:25pm @ 257 Franklin St.**

AWARDS

- ◆ 1ST – 3RD Overall Male and Female
- ◆ 1ST – 3RD in the following age groups:
14 and under, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-70, 70-80, over 80

◆
FF AWARDS

- ◆ 1ST Male, 1ST Female - BFD
- ◆ 1ST Male Spouse, 1ST Female Spouse - BFD

◆
TEAM AWARDS

- ◆ 1ST - 3RD Professional FF (best 3 of 5 on Team)
- ◆ 1ST Volunteer FF (best 3 of 5 on Team)

Completed forms can be mailed to: **BFD Fit for Fire, 195 Court St., Buffalo, NY 14202**
Any questions, please call Chief Jack Hess: **(716) 851-5333x331**

TEAR ALONG DOTTED LINE

Checks payable to **Buffalo FF Guardian Foundation** **\$15 Pre-Application / \$17 Race Day (U.S. funds)**

I am participating as: An individual A Team Include Team Name: _____

Name _____ M _____ F _____ T-shirt: S M L XL

Address _____ City _____ St _____ Zip _____

Phone: _____ Age: _____ Firefighter: BFD _____ Professional _____ Volunteer _____

Signature _____ FF SPOUSE: _____

Signature of Parent (if under 18) _____