



FIREFIT FUN RUN!

FRIDAY, AUGUST 4

REGISTRATION 12:30 PM / RACE TIME 1:00 PM

Are you:

- ✓ Interested in stepping up your training routine?
- ✓ Looking for a new challenge?
- ✓ Want to have some fun with family and friends?

Then why not try the Firefighter FireFit Course?

The FireFit Championship course will be open to registered teams on Friday, August 4th. Teams must consist of 3-5 members who will run the same relay course as the competing firefighter teams. Don't worry, you won't have to be dressed in firefighting gear to take part, just run the course using the equipment provided.

The minimum registration fee is \$300 and all proceeds are in support of Ronald McDonald House Charities® Newfoundland and Labrador.

Each registered Team will receive a FireFit Fun Run! T-shirt, a souviner team photo and full bragging rights of having ran the course most often referred to as the "Toughest 2 Minutes in Sports".

Team registration is open until July 15.

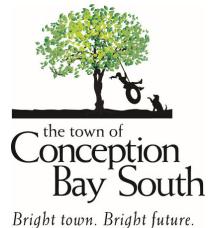


For more information visit:

www.conceptionbaysouth.ca

or email

cpiercey@conceptionbaysouth.ca



**Robert French
Memorial Stadium**

**FireFit
Championship
Course**

Team Relay

**Run the same
course as
Firefighters**

**Do you have what
it takes?**

**CONCEPTION BAY
SOUTH FIRE
DEPARTMENT**
**879 Conception Bay
Highway, Kelligrews**

834-6540

**Friday, August 4
1:00 PM**

FireFit Fun Run!

Team PRE-Registration Form

Let us know you are interested in taking part in the FireFit Fun Run!



This is a pre-registration form only.

We want to keep you informed on any event details that may come up and sign you up for an event count down email. Pre-registration lets us know that you are interested in taking part and helps us to better plan for the event. We will also mail out the registration package with pledge sheets to the address provided.

No registration fees are required with this form nor do you have to have your complete team assembled.

Also, don't worry; if something comes up and your Team cannot take part then we can just remove you from the list - just let us know.

Team Name: _____

Team Contact: _____

Contact Cell: _____ **Home:** _____ **Other:** _____

Contact E-mail: _____

Team Mailing Address: _____

Team Sponsor: _____ **Number of Team Members:** _____

Remember...

Each team member must agree to the terms and conditions set forth in the Waiver of Liability and Indemnity Agreement before running the FireFit course. The Agreement must be signed and returned with your registration form.

The final registration deadline is July 15 and registration fees are due by July 18.

Signed: _____ Date: _____

Email your completed form or any questions you may have to Cynthia Piercy at
cpiercey@conceptionbaysouth.ca or call 834-6540, ext 1.

FireFit Fun Run!

Course Details

1st Task: Stair Climb with High-Rise Pack.

With flashlight in hand, carry a high-rise pack, "4-foot" bundle of "4-inch" hose weighing 42 pounds, to the sixth floor. The high-rise pack must be deposited in the box at the top of the tower. Proper placement is on or in the box, with no part of the high-rise pack touching the deck. The second competitor is already positioned at the top of the tower. Once the first competitor reaches the top of the tower, has one foot on the top platform and has deposited the high-rise pack in the box, he may then make the exchange.



2nd Task: Hose Hoist

From the top of the tower, using a hand over hand motion, pull a 5/8 inch rope to hoist a donut roll of LDH hose (42 pounds). This Task is complete when the donut roll clears the rail and is placed in the designated box at the top of the tower. Proper placement is on or in the box, with no part of the donut roll touching the deck. The donut roll must not leave the top platform; otherwise, it will result in disqualification. Competitors 5'6" and under are allowed to stand on the high-rise pack, no penalty will be assessed. Upon completion of the hose hoist, the competitor then retrieves and passes off the flashlight, or continues down the tower. When receiving the flashlight the next competitor, must have 1 foot on the top landing of the tower.

3rd Task: Descending the Tower

The Competitor who is descending the tower must be touching every stair and use the handrails. Once the competitor has both feet on the ground he/she may pass off the flashlight to the next competitor who is on or moves to the force machine. **Please note the force machine cannot be used to enable the exchange. Exchanges must be grasp to grasp and in clear view for the official.**

4th Task: Forcible Entry

Once on the Force Machine the competitor uses a Trusty Cook 9-pound shot mallet to move the beam. This Task is complete when the end of the beam crosses the line. Upon completion of this task, the competitor places the mallet on the designated 4' x 4' area, picks up the flashlight and hands it off to the next competitor.

5th Task: Run

This competitor runs 140 feet around the hydrants as fast as he/she can, then hands off or shoulders a 1 3/4 inch fully charged hoseline. **Note: If passing off the flashlight to a waiting competitor the nozzle must not be touched until the flashlight has been exchanged grasp to grasp.**

6th Task: Hose Advance

The hose advance competitor shoulders a 1 3/4 inch fully charged hose line and drag it 75 feet. Once the nozzle crosses the 75-foot mark, the competitor opens the nozzle, hits the designated target with the stream of water, shuts the nozzle and places it on the ground. If the nozzle is not shut before it is placed down, the competitor must go back and close it before passing the flashlight. Failure to do so results in a 5 second penalty. Once the hose advance is complete the competitor moves towards the final task and either completes the Victim Rescue or hands the flashlight off to the final competitor, who is stationed between the target and victim.

Note: if the nozzle opens again after it hits the ground, there is no penalty and the competitor can continue.

Task 7: Victim Rescue

The final competitor moves to the victim rescue task where a 165 pound Simulaids Rescue Randy mannequin, plus coveralls and boots, must be dragged backwards a distance of 100 feet. Carrying the dummy in your arms or over your shoulder is not permitted. The mannequin must not be grasped by its clothing or appendages. The Relay is complete when the competitor and mannequin cross the finish line breaking the beam and stopping the clock. The mannequin's feet must be completely across the blue line.

**FireFit Fun Run! Teams do not have to wear firefighting clothing during the run.
Gloves are required & please bring your own.**