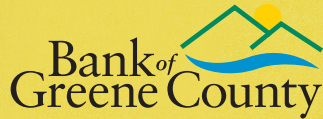


BANK OF GREENE COUNTY
FIREFIGHTER
5K

Sponsored by:



Join us for:

**A RACE
WITHIN
A RACE**



CHALLENGE

at Sean's Run

**SUNDAY, MAY 3, 2020, 12:00 NOON
CHATHAM HIGH SCHOOL
REGISTER AND MORE INFO: SEANSRUN.COM**

COME RUN WITH US, DRESS APPROPRIATELY.

Firefighters, in a public display of their pride in protecting the public and their commitment to physical fitness, distinguish themselves in a field of over 1,000 other runners and walkers by completing the Sean's Run 5K while wearing bunker pants, fire company t-shirts and running shoes.

A FUN AND FRIENDLY COMPETITION AMONG FIRE COMPANIES AND FIRE DEPARTMENTS

Some firefighters choose to run in their turnout coats, helmets and proudly carry their company flag while competing.

Entering the challenge. Fire companies and departments sign up as many members as they want as individual participants in the Sean's Run 5K.

On the day of the event, after checking in at the Sean's Run packet pick-up inside the high school gymnasium, fire companies report to the Firefighter 5K Challenge officials under the tent

near the starting line to identify the names and bib numbers of their members. Event officials will total the times of the first five firefighters from each company or department to cross the finish line. The team with the lowest combined time for their first five finishers wins the title:

Champions of the Firefighter 5K Challenge, and a \$150 gift certificate for dinner at a fine Chatham restaurant. Bragging rights and medals are awarded to the fastest fire companies and departments.

All participants receive a Sean's Run souvenir t-shirt and enjoy all the amenities of Sean's Run including a great spread of nutritional refreshments at the finish line.



**CALL JEFF FRENCH: 518-672-4757
EMAIL: JWFRENCH@VERIZON.NET**

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Greene County

**SIGN UP AS INDIVIDUAL
PARTICIPANTS AND LEARN
MORE AT SEANSRUN.COM**



"Ours is a physically demanding job and when our members prepared for the Firefighter 5K Challenge, they improved their physical conditioning."

– Fire Department Chief with 14 members who participated in past events.



"Running and walking in Sean's Run shows the public we are serious about being prepared to do whatever is needed in an emergency, plus it's fun and strengthens the bond among our members,"

– Fire Company President.



"We run into burning buildings – a 3-mile jog or walk in bunker pants is nothing to a firefighter."

– Fire Company First Lieutenant