

**Southeastern Industrial Fire Training Academy
7th Annual "Fit To Fight"
Firefighter Fitness Relay Application**

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DATE = September 5th, 15:00, GPSTC

• The "Fit to Fight" Firefighter Fitness Relay is open to firefighters only and is sponsored by Southeastern Industrial Fire Training Academy, Georgia Fire and Rescue Supply, Crossfit Atlanta, Bleakley RV Sales, North Greenville Fitness, The ID Hut Web Design (www.idhut.com), Cherokee Professional Firefighter Association, Holdheide Education, Inc., COOL SHIRT (www.coolshirt.net).

• This is a two day relay, all participants need to arrange for adequate time off. We will leave promptly at 19:00 on the September 5th. We will arrive in Atlanta at approximately 9:30am on September 6th. There will be a brunch after the shoot-out.

• Relay starts at the GPSTC, Forsyth and travels along Highway 19/41 to the Georgia State Capitol in Atlanta, Georgia - approximately 75 miles.

Last Name _____

First Name _____ Age _____

Address _____ City _____

State _____ Zip Code _____

Phone _____ Email _____ T-Shirt

Size S M L XL

Fire Service Affiliation

Individual Entry Fee: \$20.00 per person, by check or money order.

Team Entry Fee: \$120 for a team of eight, then \$10 per each additional team member.

We can't guarantee T-shirt availability if you register after **August 22nd**.
Make checks and money orders out to Douglas County Rogue Runners and mail to:

Firefighter Fitness Relay c/o Douglas County Rogue Runners,

PO Box 1846, Douglasville Georgia, 30133

Any questions regarding the Firefighter Fitness Relay, contact:

Johnny Ruice at 770.949.8453.

Please Read Below . . .

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I know that running in a long distance run with turnout gear is insane and a potentially hazardous activity that could cause injury or death. I should not participant in this relay unless I am medically able and properly trained, and by my signature, I certify that I am medically able to participate, am in good health, and am properly trained. I agree to abide by any decision of a relay official relative to any aspect of my participation in this event, including the right to deny or suspend my participation. I assume any and all risk associated with running in this event, including but not limited to: falls, contact with other participants, the effects of weather, traffic, and the road/trail conditions, all such risk being known and appreciated by me. I understand that I may be photographed or video taped at this event or during related activities, and I agree to allow such photographs to be used by the "Fit to Fight" Firefighter Fitness Relay. Having read this wavier and in consideration of your accepting my entry, I , for myself and anyone entitled to act on my behalf, waive and release any race coordinators and volunteers, the "Fit to Fight" Firefighter Fitness Relay, and all sponsors from all claims and liabilities of any kind arising from my participation in this event. I also understand that the race director has the right to refuse any entry, and that my entry fee is non-refundable if my entry is accepted.

Signed _____

Date _____

Special Notes

Meet: September 5th 15:00 at GPSTC. [Please Read Below ...](#) promptly at 19:00 sharp to start Relay and we will return on September 6th.

Bring: (*Please label everything with your name*) B/A (one per team), running shoes, helmet, turnout gear (with the lining removed).

Group Transportation: We will follow the teams by bus on the entire route of the relay.

Corporate Sponsorships: If you know anyone who'd be willing to participate through Corporate Sponsorship, please let us know. Vendors will display their products at GPSTC and the finish line in Atlanta.

How To Take Home The Helmet: All teams who complete the entire distance of the relay will be eligible to participate in a sudden death shoot out in Atlanta. The winner of the shoot out will take home the helmet. In the event that only one team completes the entire distance of the relay – they will take home the helmet and no sudden death shoot out will be necessary.

How To Be In Shape and Ready For The Relay: It is important to practice with your team members prior to the relay. It is also important to practice running in your gear. One team member is required to have the B/A on while participating in the relay. Therefore, in order to rotate out during the relay – multiple team members should be ready to run with the B/A. Aside from practicing with the team, it is highly recommended that all team members are working toward a good physical fitness level for the event.