

## 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 2015 who generously donated to last year's event:

- ◆ The First National Bank of Suffield
- ◆ Markowski Dental Associates
- ◆ 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 Timimg
- ◆ HARP Mechanical and Home Services
- ◆ Sam Ho & Family
- ◆ Enfield /Suffield Health & Wellness

- ◆ Integrated Rehabilitation Services
- ◆ Simison Family
- ◆ Advanced Sanitation LLC
- ◆ The Republican
- ◆ Mass Live
- ◆ El Pueblo Latino
- ◆ Zantos of Suffield
- ◆ CJ Apparel
- ◆ Shipman's Fire Equipment
- ◆ TLB Architecture, LLC
- ◆ R.A.C. Builders Inc.
- ◆ Suffield Hardware
- ◆ Francesco's Restaurant
- ◆ Krupa Oil Company
- ◆ P.A. Bland & Associates
- ◆ Professional Auto Center



**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  
Phone: 860-668-3888  
Fax: 860-668-3891  
E-mail: [firechief@suffieldtownhall.com](mailto:firechief@suffieldtownhall.com)

**20th Anniversary**



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

**Firefighter Paul R. Simison**

**Memorial Event**

**Sunday June 5, 2016**

**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 Firemen's 5K Race

Sunday, June 5, 2016 at 9:00AM, the Suffield Firemen's Association will host the Annual Suffield Firemen's 5K Road Race at Spaulding Elementary School in Suffield, CT.

The race is dedicated to the memory of Fire-fighter Paul R. Simison who founded this event 20 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 500 participants ranging in age from 6 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 5, 2016
- 9:00 AM SHARP

## Entry Fees

- \$20.00 Pre-Registration (Entry Received Before May 15, 2016)
- \$25.00 on or after May 15, 2016
- \$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 Firemen's 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*

❖ ***NEW this YEAR! A free non-competitive kids fun run ages 10 and under. Conducted after the 5K, sign up on race day***

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Name	
Address	
Town	
State	Zip
Age	Gender
Team Entry	

T-Shirt Size: SM MD LG XL XXL

BIB #

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 Firemen's 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**

Photos taken by the Suffield Firemen's Association may be published.

**MAIL APPLICATIONS TO:**

**Firemen's 5K Run**

**Suffield Firemen's Association**

**73 Mountain Road**

**Suffield, CT 06078**

**MAKE CHECKS PAYABLE TO:**

***Suffield Firemen's Association***