



Atlanta Fire-Rescue Stations 16 and 19's 6th Annual



# FirED Up! 5K

Run/Walk in Virginia Highland  
Saturday September 17th 8:30AM  
YOU KNOW THE DRILL - BE THERE!



Weaver & Woodbery

Atlanta Metro Lion's Club

**What:** Come get FireEd Up! for our 5K Road Race. Come get FIRED up to run for Higher Education. A traditional course through the Virginia Highland area, always good. Cool off by getting hosed down by AFD Engine 19!

**Why:** To fund college scholarships for eligible Grady and Washington High School graduating seniors. For 37 years, AFD Station 16 has continued a proud tradition of hosting a Christmas party for youngsters in Station 16's area. Stations 16 and 19 are reaching out to high school students in these areas by using this race to generate college scholarships. Since inception, this race has awarded 15 scholarships.

**When:** Saturday Sept 18th, 8:30AM, begin race day registration, pick up of number and t-shirt at 6:30AM.

**Where:** Atlanta Fire Station 19, 1063 N Highland Ave NE, Atlanta, GA 30306.

**Parking:** Area side streets.

**Cost:** \$20 includes TECHNICAL T-SHIRT. Any registrations RECEIVED after Sept 10th cannot be GUARANTEED a shirt or correct size.

**Awards:** Awards for top three in each age group + overall male and female. (11 & UNDER, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 + and Masters)

**Registration:** race day, mail in app, on line at [www.active.com](http://www.active.com), or walk into Station 19 between 8AM and 8PM only, Monday through Friday before the race.



Race day registrations accepted. RACE RUNS RAIN OR SHINE.



Participant \_\_\_\_\_ e-mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Emergency # \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ T-shirt Size (XXL, XL, L, M, S, YL, YM) \_\_\_\_\_ Bib No. \_\_\_\_\_ Pd ck# \_\_\_\_\_

In consideration of this entry, I waive any and all claims for myself, my family and my heirs against officials and sponsors of the FirEd Up 5K for injury or illness which may result directly or indirectly from my participation. I further state that I and/or my participating family members are in proper condition to participate in this event. I also give permission for the use of my name and/or picture in any broadcast, telecast or account of this event.

Signature (If under 18, must be signed by legal guardian) \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable to: "FIRE STATION 16" please note "5K Race" on the memo line. Mail checks and applications ahead of deadline to: Advantage Laser Products c/o Brian Chaney 1840 Marietta Blvd Atlanta, GA 30318

REGISTER ON LINE AT [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM) Need race info? email [brian@advlaser.com](mailto:brian@advlaser.com) Sponsor Sign Up: Capt Al Howard 404-357-2001