

# 2016 SPONSORS

We are presently searching for sponsors for the 2016 Stop, Drop & Run 5k. Sponsorship packages range from \$50—\$3000 and all funds benefit the Monaca #4 Volunteer Fire Department.

More information regarding sponsorships can be found online at [www.MonacaFire.com/5k](http://www.MonacaFire.com/5k) or by emailing race director Chris Shotter at [Chris.Shotter@MonacaFire.com](mailto:Chris.Shotter@MonacaFire.com)

Monaca #4 Volunteer Fire Dept.  
901 Taylor Ave,  
Monaca, PA 15061

724-774-5361  
[www.MonacaFire.com](http://www.MonacaFire.com)  
[www.facebook.com/MonacaFD](https://www.facebook.com/MonacaFD)



Invites you to the  
4th annual

**STOP, DROP &  
RUN 5K**

10/15/2016

9:00 a.m.

Monaca #4 Fire Dept.  
913 Taylor Ave  
Monaca, PA 15061

More information and registration  
available online at:

[www.MonacaFire.com/5k](http://www.MonacaFire.com/5k)

## Road Race/Walk Registration Information

### Race Registration Fee Includes:

- Registration for one participant in the 5k Stop, Drop & Run 5k T-Shirt
- All registered participants that complete the course will automatically be registered to win door prizes

### Awards:

First place male / female overall—**\$100 cash prize**

Medals for top 3 male / female from each age division

Trophy for the fastest firefighter in full bunker gear (minimum of bunker pants, jacket, and helmet)

### Age Division:

12 & Under, 13-19, 20-29, 30-39, 40-49, 50-59, 60+

### Packet Pickup:

All pre-registered participants are encouraged to pickup their packet at Station 57 on the morning of the race before 8:45 a.m. and after 7:00 a.m.

### Race Photography:

Race will be photographed by various photographers and all photos will be made available to participants for free on our Facebook page ([www.Facebook.com/MonacaFD](http://www.Facebook.com/MonacaFD))

## About the Monaca #4 Fire Department

The Monaca Station 57 Volunteer Fire Department services approximately 6,000 residents within our jurisdiction. On average, the department can expect to run around 130 calls per year. Monaca Station 57 VFD is stationed on the Monaca heights, also known as "on the hill". In addition to serving its community, Monaca Station 57 VFD also responds to neighboring communities for such services as R.I.T. and Air Supply. The department is all volunteer with approximately 25 members on its roster.

## Where does my race registration fee go?

All registration fees and sponsorships go directly to funding the Monaca #4 Volunteer Fire Department. The average cost to outfit a firefighter to respond to a fire has surpassed over \$10,000. It is fundraising events like the Stop, Drop & Run 5k along with grants that allow us to continue to serve our community. In addition to fire protection, we are also engaged in the community in various capacities such as fire prevention, fire safety, and community involvement activities such as the Easter Bunny Breakfast and escorting Santa through Monaca.

# Firefighter Themed Obstacle Course

## About the Obstacle Course Race

We are proud to be bringing an obstacle race to Beaver County this year, the first of its kind. The obstacle course will follow most of the traditional Stop, Drop & Run 5k course, but will diverge along the route to the various obstacles. We are planning approximately 18 obstacles along the route that will range from fire department, strength, and endurance related.

## What are the obstacles?

The obstacles are a mix of firefighter related activities such as traversing a smoke maze, cutting a hole in a roof, swimming through a drop tank, and rescuing a victim. All obstacles can be found at:  
[www.monacafire.com/5k/obstacles](http://www.monacafire.com/5k/obstacles)

## How will the race work?

The race will be structured liked similar obstacle races in that there will be waves of runners every 15 minutes beginning at 9:30 so that the obstacles do not form lines. When registering please pick your preferred start time. You will follow a course that is similar to the previous Stop, Drop & Run 5k course, but will deviate in areas to complete the obstacles.

## What do I get if I complete the course?

All participants in the Stop, Drop & Run Obstacle Course will receive a T-Shirt, entry into door prizes, and also a custom designed medal.



### Road Race/Walk Entry Fees:

General Public: \$20.00 Before 9/30/16 / \$25.00 After 9/30/16  
First Responders: \$16.00 Before 9/30/16 / \$20.00 After 9/30/16

### Obstacle Race Entry Fees:

General Public: \$30.00 Before 9/30/16 / \$40.00 After 9/30/16  
First Responders: \$24.00 Before 9/30/16 / \$30.00 After 9/30/16

### Methods of Registering:

- 1.) Online at [www.MonacaFire.com/5k](http://www.MonacaFire.com/5k) (Preferred method)
- 2.) Mail in form below
- 3.) Last minute onsite day-of-race (Cutoff 8:45 a.m.)

### Entry Form:

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Male ( ) Female ( ) | General Public ( ) First Responder ( )

Walk ( ) Run ( ) Obstacle ( ) Birthday: \_\_\_\_\_

Age on day of race: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Preferred Wave Time (Obstacle Course Only):

9:30 | 9:45 | 10:00 |  
10:15 | 10:30 | 10:45 | 11:00

*Make checks payable to Monaca #4 Fire Department*

Enclosed is my check for \$ \_\_\_\_\_

### Participation Waiver

*I hereby declare, assert and affirm that participation in the Stop, Drop & Run 5K Race is done having voluntarily and knowing assumed ALL RISKS involved in this Special Event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardiorespiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing my participation in the above stated Special Event and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated Special Event, specifically Monaca #4 VFD, The Borough of Monaca, Central Valley School District, All Sponsors, and their respective employees, agents, representatives, successors and assigns, for any and all activities connected with the above Special Event.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Parent/Legal Guardian must sign if participant is under the age of 18*

*For questions please contact us online at [www.MonacaFire.com/5k](http://www.MonacaFire.com/5k)*

**Mail Entry Form and Check to:**

**Monaca #4 Volunteer Fire Department**

**913 Taylor Ave.**

**Monaca, PA 15061**