

The Past We Can't Change... the Future We Can

This race supports The Burn Center at Cooperman Barnabas Medical Center, New Jersey's only dedicated burn treatment facility. This state-of-the-art facility is one of the largest in North America, caring for patients of all ages.

Each year more than 7000 individuals, including some of New Jersey's firefighters, receive specialized medical treatment only available at The Burn Center. In 2011 when an Asbury Park firefighter suffered critical burns, he was immediately transferred to Cooperman Barnabas, where it took several months for him to recover.

Proceeds from this event help fund programs aimed at fire safety and prevention for business, communities, professionals and children.

Your donation make this work possible! Plan to join us at scenic

**Asbury Park Boardwalk,
SATURDAY, June 22nd, 2024**

Start time 8:00 AM. Rain or Shine

The Burn Center at
Cooperman Barnabas | **RWJBarnabas**
Medical Center HEALTH

ASBURY PARK FIREFIGHTERS LOCAL 384



IAFF Local 384 Asbury Park Firefighters proudly serve the City of Asbury Park with highly trained personnel proficient in a diverse range of fire and rescue services.

Fire suppression, technical rescue operations and emergency medical services are all available to the citizens of Asbury Park, as well as mutual aid to surrounding areas. Asbury Park firefighters also supplement the Asbury Park Beach Patrol for water emergencies and provide primary water rescue in both off-hours and off-season.

Asbury Park Firefighters pride themselves on performing diverse jobs to the highest level of excellence. The team includes fire inspectors, fire instructors, and members on the elite New Jersey - Task Force I Urban Search and Rescue FEMA team.

In addition to hundreds of hours of required fire and rescue operations certifications, many members have also earned or are currently working towards degrees in Fire Science.

Asbury Park Fire Department proudly partners with The Burn Center to advocate for firefighter safety and wellness through various educational programs, as well as events such as this.

"We pride ourselves on doing whatever it takes to be the best at what we do, and provide an elite service to the priceless, historic community of Asbury Park."

-Local 384 President



Saturday, June 22, 2024,

Asbury Park

Rain or Shine



Hosted by Asbury Park

Local 384 Firefighters

benefiting

The Burn Center at
Cooperman Barnabas | **RWJBarnabas**
Medical Center HEALTH

[Www.AsburyParkFirefighters.net](http://www.AsburyParkFirefighters.net)

Facebook: @IAFF384

Instagram: @IAFF384

Twitter: @IAFF384

Race Details

Saturday, June 22, 2024

Asbury Park Convention Center entrance

Rain or Shine

- 7:30 am Registration
- **8:00 am 5K Start**
- 5K Award Ceremony to follow

Categories include top 3 Male/ Female, Overall & 5 year Age groups 18– 85+ and Police, Fire, EMS or Best Friend

FEES:

\$40.00 Pre-registration by 06/03/24*

Must Pre-register to receive shirt

\$45.00 After 06/03/24

Course Description

NEW ROUTE!

Race course starts at Asbury Park Convention Hall entrance. Head south on Boardwalk to turn-around at Bradley Beach. Head north, finishing at the starting point.

Sponsored by

**ASBURY PARK
FIREFIGHTERS
LOCAL 384**



Register as a single runner or compete in a specialty team

Specialty Teams available for Pre-registration only.

Scores based on average times for top First Place
Entries must be submitted by 06/03/24

Compete in one of the following categories:

- Fire Department (5 or more)
- Police Department (5 or more)
- EMS/Hospital (5 or more)
- Man’s Best Friend (Runner & 1 pet)

Special Thanks to Our Sponsors!

This event is possible only through their generous support.

RACE DAY REGISTRATION ON-LINE ONLY

Register online at

raceforum.com/5alarm

Start a team with friends, families or co-workers. Create a personal page or send emails for support and to share progress.

Become a Sponsor or have questions?

Contact us at

Facebook: @IAFF384 or 908.902.5439

5 ALARM 5K RUN/ WALK

Raceforum.com/5alarm

#splitsecondracing @splitsecondracing

| | | |
|------------------------------------------------------------|-------|-----------------|
| Name | | |
| Address | | |
| City | State | Zip |
| Sex | | 2024 USATF-NJ# |
| Date of Birth | | Age on Race Day |
| Email | | |
| Telephone | | |
| I'm unable to attend but wish to make a donation | | |
| \$ _____ | | |
| Tech Shirts available if registered by May 17, 2024 | | |
| Adult: S ___ M ___ L ___ XL ___ XXL ___ | | |

Waiver: By submitting this registration I agree to indemnify and hold harmless the Professional Firefighters Association of New Jersey ("PFANJ"), RWHBarnabas Health, Split Second Racing from all claims, damages, losses, liabilities, costs and expenses arising out of my or my child's participation in this event to benefit programs, services, research and equipment related to care of burn injuries at The Burn Center at Saint Barnabas Medical Center. I do hereby waive any and all claims, damages, losses, liabilities, costs and expenses incurred by me or my child with respect to our person or property which may be caused by any act, or omission, by PFANJ and/or its affiliates and any and all officers, agents or employees thereof arising directly or indirectly from my or my child's participating in this event. I certify that I am physically able to compete in this event. I agree to abide by and cooperate with the instructions/decisions of the race officials and understand that safety is the top priority of this event. I understand that dogs, other pets, in-line skates, skateboards, bicycles and similar devices are not allowed on the course. I understand that my entry fee is non-refundable. I grant full permission to the organizers to use photos, videos, film or any record of this event in which I may appear for any legitimate purpose, without further consent or approval on my part.

Signature: _____

(Parent or guardian if under 18)