



Asbury Park Fire Department
10th annual
5 Alarm/5K Race
Saturday, June 22, 2024
Asbury Park Convention Center
Entrance

Register as a single runner or compete as 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

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

- **www.AsburyParkFirefighters.net**
- **Facebook: @IAFF384**
- **Instagram: @IAFF384**
- **Twitter: @IAFF384**

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)

7:30 am Registration, *Rain or Shine*

8:00 am 5K Start, Award Ceremony to follow

FEES:

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

Must Pre-register to receive shirt

\$45.00 After 06/03/24

Benefitting The Burn Center at Cooperman Barnabas