



Germantown Hills Fire-Rescue Challenge

5K (3.1 mile) Run & 2.5 mile Walk



- When:** Saturday, October 24, 2009
Time: Registration at 6:30 am
 Race starts at 7:30 am
Where: Germantown Hills Fire Dept
Who: Any One!!
What: Race, Run, Jog or Walk
Why: To support Germantown Hills Volunteer Fire-Rescue Department
Awards: Handsome trophies given to top three individuals in each category
 Travel trophy awarded to top department in Fire-Rescue Challenge
Entry Fee: \$10 if registered by Oct 9th. \$15 after October 9th
Shirt: Race Shirt can be order for \$8.00 until October 9th.
Register: Registration form available at Germantown Hills Fire Department
 and on line at <http://ivs.org/> click on the race calendar

Individual Categories:

Boys 14 & under	Men 30 to 39	Girls 14 & under	Women 19 to 29
Boys 15 to 18	Men 40 to 49	Girls 15 to 18	Women 30 to 39
Men 19 to 29	Men 50 to 59		Women 40 to 49
	Men 60 & Over		Women 50 & Over



Fire Rescue Challenge:

- Team of at least 3 members from same Fire-Rescue Department
- Times from 3 fastest team members summed for team time
- Fire-Rescue Department with lowest team time wins traveling trophy and bragging rights