



ONE INNOCENT LIFE

MEAT THE HEAT

win free steaks

Beat the Heat local fire department competition

WHEN: **June 18, 2016**
7:00 am - 1:00 pm
Race starts at 8:30 am
Family activities 10 am - 1 pm

WHERE: **Town of Woodbridge**
Meeting House Lane
Woodbridge, CT
Parking available at Amity High School and surrounding lots.

The fire department with the most **Beat the Heat 5k** participation will:

- ▶ win free steaks
- ▶ receive a trophy
- ▶ be named One Innocent Life's **Local of the Year**

To qualify:
Pre-Register at beattheheat.run and sign in on the day of the race with your name and department

**PRE-REGISTER AT
BEATTHEHEAT.RUN**



Endorsed by these and other local fire departments:

Bridgeport	Fairfield	Middletown	Seymour	Hamden
Waterbury	Stratford	West Haven	Westport	Milford

