



Ashburn Volunteer  
Fire and Rescue Department  
20688 Ashburn Rd, Ashburn, VA 20147  
703-729-0006  
[www.ashburnfirerescue.org](http://www.ashburnfirerescue.org)



Dear Chief,

As part of our community engagement, we are conducting a 5K Race on October 1, 2022. This annual event is a major highlight that brings Fire/Rescue Departments and community members together for a good cause with some fun activities.

The 5K will start at Station 6 on Ashburn Road and end at House 6, a local brewery owned and operated by one of our volunteer fire fighters. The event concludes with an “after race party.” We will have a live band, food trucks, a selfie station, and multiple other activities.

We are reaching out to invite participation from your station staff and family as all are welcome. We are also promoting a team’s competition for bragging rights and a station prize. Here are the key rules for the team participation:

### Team Rules

1. The team captain must register first to create the team. Team members may then register and join the team.
2. All team members are 18 years or older.
3. Participants wear station T-Shirt to promote your department.
4. All teams will consist of a minimum of 4 members, at least one has to be from the opposite gender (typically 3 male and 1 female) There is no limit to team size.
5. Members of the **top three teams** will receive medals sent to the team captain.
6. Scoring is based on the combined times of the top four finishers on each team.
7. No tie breakers. If more than one team has the same lowest score, teams will share the glory of being tied as winning teams.

Each winning team will earn Bragging Rights, a trophy for your Station and a “round on us\*.”  
(\*Must be 21years of age for beer)

Additional Race details are also included in the flyer attached. Please post at your station and distribute to the station staff and mention in your department meeting. We look forward to active participation from you and your members.

For more information and to sign up, visit <https://ashburnfirerescue.org/go/5k>.

Please reach out to the following race coordinators in case of questions or clarifications.

- Barbara Murphy via email: bmurphy@avfrd.net or Phone: 703-508-1810
- Farrukh Rashid via email: frashid@avfrd.net or Phone: 703-589-6456

## **FAQs**

### **How does the team scoring work for this event?**

Similar to Cross Country team scoring: The first 4 team members across the line will score points towards the overall team score. The 3 teams with the lowest overall team score will be the podium finishers on race day. We will award the top 3 teams per race distance on race day.

### **Do all team members get a special medal if we make the top 3 podium for teams?**

Yes: all team members of the top 3 teams will receive a special team competition medal.

### **If I have already registered for this race can I add myself to a team later?**

YES: the system should allow you to add yourself to a team as long as it does not have 10 members already.

### **What if I am a podium finisher in my age group do I still get the bling for the team competition?**

YES: if you are a podium finisher in your age group and part of a podium finish team, then this is your lucky day because you are going home with lots of cool bling

### **Does everyone on the team have to run the same distance?**

YES: there is a team completion for each race distance so all team members wanting to compete for the special team completion medals must run the same race distance on race

Thank you and hope to see you on race day!

Chief Bill Graham  
President Josh Townsend  
AVFRD