

# Fleming College Presents

# First Responders Cup



Fleming College's Pre-Service Firefighter, Paramedic, Customs Border Services and Police Foundations students are excited to be hosting the "First Responders Cup"!

## So what exactly is the "First Responders Cup"?

- Ultimate fitness challenge - your 6 person team (min. 2 females) will test their stamina in an 8 hour fitness battle.
- Each team will be given a fitness challenge at the top of each hour to complete. There are 8 challenges in total, including a mixture of Fire/Police/EMS/CBS focused exercises.
- Your team will be timed at each challenge.
- Cost per team \$300 (\$50 each participant). Pledging and fundraising encouraged.

**Saturday, March 11<sup>th</sup>, 2017 from 9:00am - 5:00pm**  
**Sport & Wellness Centre, 775 Brealey Dr. Peterborough**

*To register or pledge a participant, go to*  
[www.raceroster.com/events/2017/11661/first-responders-cup](http://www.raceroster.com/events/2017/11661/first-responders-cup)  
*Find us on Facebook at* [facebook.com/events/1280040172054633](https://www.facebook.com/events/1280040172054633)

This event is a fundraiser for the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge Branch. Teams are encouraged to fundraise entry fees and collect pledges. Prizes will be awarded to the top fundraisers. For more information, contact Jodi Van Engen at 705-768-3825 or [jodi.van\\_engen@flemingcollege.ca](mailto:jodi.van_engen@flemingcollege.ca)



**Canadian Mental  
Health Association**

Haliburton, Kawartha, Pine Ridge  
*Mental health for all*