



## **NEWS RELEASE**

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### **(TVF&R Firefighters to Climb for a Cure; Firefighters to compete against public in PROS vs. JOES competition at Big Al's Beaverton this weekend)**

Always wanted to compete against a Firefighter? Interested in helping Firefighters raise funds for those battling cancer? Now is your chance. This Saturday, February 25<sup>th</sup>, from 1-4 pm, TVF&R Firefighters and Big Al's Beaverton (14950 SW Barrows Road) are sponsoring a **PROS vs. JOES Stairclimb Event**. For a \$5 donation, a 'Regular JOE' (public) will have the opportunity to race a 'PRO' (Firefighter) on a stairmill for five minutes. Firefighters will be in full turnouts, boots, and air pack; JOEs will wear a 50 lb. weighted vest to simulate the turnouts and air pack.

The **PROS vs. JOES Stairclimb Event** is a fundraiser for the upcoming March 6<sup>th</sup> Scott Firefighter Stairclimb at the 788 foot Columbia Center in Seattle, WA. The event requires participants in full turnouts, boots, and air packs to race up 69 grueling flights of stairs (1,311 steps) to reach the observation deck and finish line overlooking the city. TVF&R's team of 50 firefighters—one of the largest in the event—will join approximately 1,500 firefighters from over 200 departments throughout the United States. The event is a fundraiser for the Leukemia & Lymphoma Society. Watch our YouTube video at: <http://www.youtube.com/user/TualatinValleyFire#p/search/0/4EkmMvayS9w>.

**Last year the TVF&R/Local 1660 team had 10 individuals place in the Top 10 of their age division and was one of the top fundraisers.** TVF&R Captain and long-time team organizer Battalion Chief Al Kennedy states, "This worthwhile event is a tremendous commitment for the participants. Team members spend months training off-duty for the event." This year marks the eleventh year that TVF&R has participated in the event. In that time, the team has raised over \$75,000. This year the team hopes to add another \$15,000 through individual and family donations.

Individuals wishing to contribute to TVF&R's team can also visit TVF&R's website at [www.tvfr.com](http://www.tvfr.com) to make a donation on-line. Checks (payable to the Leukemia & Lymphoma Society) may also be mailed to Tualatin Valley Fire & Rescue at 11945 SW 70th, Tigard, Oregon 97223.

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