



**Mission Firefighters' Association**  
**Annual Muscular Dystrophy Fire Truck Pull**

**Saturday September 14, 2019**  
**9am until complete (approximately 2pm)**  
**(Team Registration 8am)**

**TEAM KIT**

Are your **MUSCLES** strong enough to pull a Fire Truck?





# Mission Firefighters' Association

## Annual Muscular Dystrophy Fire Truck Pull

Dear Participants:

Mission Firefighters' Association is hosting its 5<sup>th</sup> Annual Fire Truck Pull in support of Muscular Dystrophy research. By taking part in our fire truck pull you will be supporting individuals and families affected by neuromuscular disorders through initiatives including education, information, support, advocacy, and funding for research and assistive devices. We welcome your participation in this event and hope that your fundraising efforts will go far in supporting Muscular Dystrophy research.

Enclosed in this team kit is a registration form, team roster form, and participant liability waiver, as well as some general event information and tips on fundraising.

For further information, please contact

Mike Henry  
Lead Coordinator  
1-778-855-5295  
MFFA@Mission.ca

Thank you for your participation in this great community event!



# Mission Firefighters' Association

## Annual Muscular Dystrophy Fire Truck Pull

Just follow the below steps and you and your teammates will be on your way to competing in the Annual Mission Firefighters' Association Fire Truck Pull for Muscular Dystrophy Canada.

**Please note that team registration is limited to 30 TEAMS MAXIMUM, so register early!**

1. Recruit your team. Choose a team captain. Teams are to consist of 8-10 participants with a minimum of two females pulling. All team members must be at least 16 years of age or have parental permission
2. Each team member must sign a liability waiver. Waivers will be available at the registration table on the day of the event and must be signed prior to participating, any underage participants require parental signature.
3. Fundraise for your entry fee, see enclosed Fundraising Tips.
4. **Complete and submit a registration form and entry fee as soon as possible. Registrations will be accepted up until 8:30 am on the day of the event, to better assist organizers, sooner is better to ensure your team will be able to participate. Spaces are limited to 1 teams. Registration fee is \$300 with all proceeds of the event going to Muscular Dystrophy Canada.**

Registration form and fee can be submitted via email and e-transfer or dropped off at

Mission Fire/Rescue Service (Station 1)  
33330 – 7<sup>th</sup> Avenue, Mission, BC V2V 2E3  
604-820-3793.

5. Prizes will be awarded for the following categories;

Best Overall Team / Fastest Combined Pull / Most Money Raised



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### EVENT INFORMATION & PULL RULES

**Team check in begins at 8:00 am on September 14<sup>th</sup>, 2019**

**Event begins at 9:00 am**

1. Teams are to consist of 8-10 participants with a minimum of two females pulling. All team members must be at least 16 years of age or have parental permission.
2. Two reserve participants will be allowed on the roster in the event of no shows or participant injury. Once the team completes one evolution, changes to participant roster may only be completed due to injury and/or at event coordinators discretion.
3. Event will begin with a round robin revolution to decide pulling order and opposing team.
4. Each team will have two chances to pull at minimum. Each heat will consist of two back to back pulls with teams switching fire apparatus (truck) between pulls. The combined pull times total will be used to determine the top team for the elimination round.
5. A complete "pull" will be conducted on a designated 100-foot course.
6. All team members must be ready to pull once the event has started. A pulling order will be posted, each team will be given 2 minutes grace period once notified they are up to complete. Failure to make themselves ready will result in their disqualification of that attempt or heat.
7. If during the course of a heat, a participant falls resulting in the possibility of putting themselves or other team members at risk of being struck by the apparatus the safety monitor will initiate the emergency stop of that apparatus. The opposing team may continue to complete the heat unless conditions extend to their area. In this situation the attempt or heat will be stopped, both teams will be placed at the bottom of the pull list in order to make another attempt.
8. Two reserve participants will be allowed on the roster in the event of no shows or participant injury. Once the team completes one evolution, changes to participant roster may only be completed due to injury and/or at event coordinators discretion



9. Times will be monitored and recorded by four timers (1 primary and secondary timer per team) and 1 starting referee. The final ruling of the referee will stand and shall not be contested.
10. Should there be a tie, there will be a pull-off to determine the winner.
11. Participants are encouraged to wear proper active wear or loose-fitting clothing, proper footwear, and gloves for hand protection. NO open toed shoes or jeans will be permitted on the pull course. Wear your own team shirt if you like. **CLOSED TOE FOOTWARE IS MANDATORY.**

A concession will be available to purchase hot food and cold drinks, with all food sale proceeds going to Muscular Dystrophy.



# Mission Firefighters' Association

## Annual Muscular Dystrophy Fire Truck Pull

### TEAM REGISTRATION FORM

Team Name: \_\_\_\_\_

Company/Organization (if applicable): \_\_\_\_\_

Team Captain: \_\_\_\_\_ Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening/Cell: \_\_\_\_\_

\$300 team entry fee required at time of registration if paid by September 6<sup>th</sup>, 2019

\$350 entry fee due if registration received and fee paid after September 6<sup>th</sup>, 2019

**Please make cheques payable to  
Mission Firefighter's Association**

**All proceeds will go to Muscular Dystrophy Canada.**

**Additional pledges are always welcome!**

**CRA taxable receipt available for all donations except for registration fees**



# Mission Firefighters Association

## Annual Muscular Dystrophy Fire Truck Pull

### TEAM ROSTER

Team Name: \_\_\_\_\_

Team Captain: \_\_\_\_\_

	Participant's Name	Gender	Phone	Email
1.		M / F		
2.		M / F		
3.		M / F		
4.		M / F		
5.		M / F		
6.		M / F		
7.		M / F		
8.		M / F		
9.		M / F		
10.		M / F		
11. spare		M / F		
12. spare		M / F		

**Rosters must be submitted at time of registration. Revisions can be submitted until 8:30 am September 14<sup>th</sup>, 2019**

**Participants must be listed on the team roster to be eligible to pull.**



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## Annual Muscular Dystrophy Fire Truck Pull

### FUNDRAISING TIPS

The team entry fee is \$350 (only \$35 per team member) with additional pledges encouraged. There will be a prize for the most money raised for any teams that raise a minimum of \$500 (not including your registration fee). Below are several ideas that will help you reach your fundraising goal, however, the possibilities are endless and we encourage you to be creative!

1. Talk it up! There's nothing like personal face-to-face to get folks to sponsor you. Talk to your neighbours, ask your boss, ask friends and family. Be sure to send them a picture after the event.
2. Plug, Plug, Plug! Send an email to your family and friends. Post the event on your Facebook, Twitter, Instagram and Snapchat. Let people know how you are doing - how much you have raised, how much further you have to go! Thank your social media friends by keeping them updated.
3. Stick with it! Send a reminder email to nudge those who have promised to donate to get their dollars in. Keep track of who has promised to help you and ask them to follow through on their promise BEFORE the event.
4. Be sure to encourage all your sponsors to come to the event and cheer your team on!
5. Any funds raised may be donated through your department as long as the amount raised through team sponsorship is separated for MD Canada accounting purposes so they can track the truck pull related fundraising against operating costs.