



In Memory of Officer Paul Buchanan

Believe 208 5K Run for the Brave and Finest

Sunday, September 24, 2023

8:30 AM Start (Kids Fun Run – 8:00 AM)

Start/Finish: Knights of Columbus

1831 Main Street, East Hartford, CT 06118

EVENT DESCRIPTION

The Annual Believe 208 5K Run for the Brave and Finest, in Memory of East Hartford Police Officer Paul Buchanan, supports “Believe 208”. “Believe 208”, an initiative in collaboration with the Connecticut Alliance to Benefit Law Enforcement (CABLE), works to provide resources, training and information on all aspects of first responder well-being. The “Believe 208” mission is to increase awareness of the unique challenges facing first responders and to be a trusted, influential source for first responders, their families, agencies and community stakeholders. Proceeds from the race fund education and training efforts and provide resources to first responders and families in need. To read more about Officer Buchanan’s story: <http://www.lawenforcementtoday.com/2014/03/31/preventing-police-suicide-a-police-wife-breaks-the-silence/>

REGISTRATION INFORMATION

\$10.00 Kids Fun Run

\$17.00 Kids Under Age 14 5K Registration

\$27.00 Early Bird Registration (before 9/1)

\$33.00 Pre-Registration (9/1-9/18)

\$35.00 Race Week Registration (9/19-9/22)

*****Online Registration closes 9/22 at 11:59 p.m.*****

\$40.00 In-person registration on race day (9/25)

[Register online](#)

Mail in registration (check only) – see reverse side of form

Packet pickup/in-person registration will be the morning of the race (7:00-8:15 a.m.)

AWARDS/TEAMS

Prizes for Top 3 Males, Top 3 Females overall, Top 3 Male/Top 3 Female First Responders, Top 3 Male/Female age groups, Top 3 First Responder Teams (average of top three finishers per team). We encourage first responders to sign up as individuals (check the appropriate category) and as teams by agency to be eligible for team prizes.

PARKING/RESTROOMS

Parking at the Knights of Columbus & overflow lots. Restrooms located inside the Knights of Columbus.

DONATIONS

If you are unable to attend and would like to make a donation, please see reverse side or Eventbrite.

SPONSORSHIP OPPORTUNITIES

Sponsorship opportunities are available, please contact Katy Kleis at believe208run@gmail.com for more information.



In Memory of Officer Paul Buchanan

Please make check payable to: CABLE, INC., Believe 208
Mail to: 2 Redbud Lane, Glastonbury, CT 06033

First Name: _____ MI: _____ Last Name: _____

Email: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Gender M F Age on race day: _____

I am participating in:

Kids Fun Run - \$10

5K (under Age 14) - \$15

5K (adult)*

*\$25 (before 9/1), \$30 (9/1-9/17), \$35 (9/18-9/21), \$40 race day

Are you a first responder or in the military? Yes No

Agency/Branch: _____

Donations I cannot attend but would like to make a donation Amount Enclosed: _____

Race Shirts

Pre-registered participants (by 9/17) will receive a FREE technical t-shirt. Registrants after 9/17 will receive a shirt as supplies last.

Youth Adult

X-Small Small Medium Large XL 2XL (adult only) 3XL (adult only)

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I represent that I am medically able and properly trained. I assume all risks associated with running this event, including, but not limited to: falls, contact with other participants, race officials, or bystanders, the effect of the weather – including heat and/or humidity, smog, traffic, and the conditions of the road, lack of hydration, actions of participants, volunteers, spectators, sponsors or race directors or any of their staff, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself and anyone acting on my behalf, covenant not to sue, waive and release the race directors, the Town of East Hartford, Connecticut Alliance to Benefit Law Enforcement, the East Hartford Knights of Columbus, and all sponsors, officials, volunteers, medical personnel, all governmental entities, and any of their representatives, successors, or anyone acting on their behalf, from all claims or liabilities of any kind, including but not limited to death, personal injury or property damage arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature
(parent/guardian if _____ **Date:** _____
under 18):

Emergency Contact Information

Name _____ Phone _____