

Tom Dale  
Mayor



City Hall  
411 3<sup>rd</sup> Street South  
Nampa ID 83651  
208-468-5411

## News Release

### Firefighters Raise \$ For Cancer Research

(March 1, 2013) It's a race of endurance like most of us have never experienced, firefighters will climb up 69 flights of stairs- 1311 steps – going up 788 feet. They will be dressed in full gear, using air tanks. Why would they put themselves through this? To raise money for Leukemia and Lymphoma research.

Twelve Nampa firefighters will participate in the Scott Firefighter Stair Climb Fund Raiser in Seattle on March 9<sup>th</sup>. They have already raised more than \$11-thousand for this great cause.

There is a chance to see the firefighters training for this event and to even try some of the training yourself this Saturday, March 2<sup>nd</sup>, 8am-noon at Snake River CrossFit in Nampa. Every half hour firefighters will work out simulating the jobs they do on a real structure fire, including pulling a hose and rescuing a victim.

For a \$30 donation to the cause, individuals can workout with the firefighters, experiencing the physical demands of the job. Participants will also receive a t-shirt.

What: Stair Climb Endurance Training  
When: Saturday, March 2, 2013  
Where: Snake River CrossFit  
116 14<sup>th</sup> Avenue South, Nampa  
Time: 8am-noon  
Participation: \$30 donation covers firefighter inspired workout & t-shirt

The firefighters pay their own way to compete in this fundraising event in Seattle. The Nampa team is currently 10<sup>th</sup> in the nation in this fundraising effort.

###

Media Contact: Sharla Arledge  
City of Nampa  
468-5411 /249-2421  
[pio@cityofnampa.us](mailto:pio@cityofnampa.us)  
[www.cityofnampa.us](http://www.cityofnampa.us)

Frank Beauvais  
Snake River CrossFit  
989-9460  
[frank@snakerivercrossfit.com](mailto:frank@snakerivercrossfit.com)



## Snake River CrossFit Presents 22nd Annual Scott FireFighter Stair Climb Fundraiser Nampa Fire Department

1660 Fire Fighters Will Gather at the base of Seattle's tallest building in full gear. They will raise money used to fund vital blood cancer research and support patients and their families. Fire Fighters from 291 departments, and 3 countries will climb 1311 steps, up 69 flights, over 788 feet. The Nampa Fire Department Stair Climb team has already raised \$9086 for this amazing cause. Please join SRCF in supporting Nampa Fire in their efforts to make a difference in the fight against cancer.

For more information, visit [www.ils.org/wa](http://www.ils.org/wa)

**What:** Nampa Fire Department  
Scott FireFighter Stair Climb Fund Raiser  
**When:** March 2, 2013  
**Where:** Snake River CrossFit  
116 14th Ave. South  
Nampa, ID 83686  
**Time:** 8am - 12 pm  
**Other:** \$30 will cover your FireFighter inspired workout with awesome community AND you'll leave with a T-Shirt.