



NEWS FOR IMMEDIATE RELEASE

GlendaleAZ.com/Fire

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Be My Hero 5K Run and Mustache Dash

Glendale, Ariz. — This Saturday April 28, 2018 at 8am more than 300 people will lace up their running shoes to support local veterans. There are two events, the 5k run and the mustache dash. Why a mustache dash? Well firefighters have the stereotype of having big bushy mustaches. Event coordinator and founder Tammy Goff says, “it is a fun way to get the kids involved, and they love it.” Glendale firefighters provide them as well as a firefighter hat.

The event will be held for the third year in a row at the beautiful grounds of Camelback Ranch, located at 10710 W. Camelback Rd.

The proceeds will be used to make the much-needed repairs to disabled or injured veterans’ homes, such as fixing broken wheelchair ramps, installing grab bars and other household necessities. As well as paying for medical treatments and education.

Glendale Firefighters believe this is the least they can do to show their appreciation for those who have fought for our freedom. “There are to many times I left a call wishing I could do more, and now I can” said Tammy Goff.

It is \$35 for adults, \$25 for 17 and under and the Mustache Dash is Free for kids 8 and younger. For more information and to register you can visit <http://raceroster.com/events/2018/13265/be-my-hero-5k> or visit the facebook page at Be My Hero Run.

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