



**BOYS & GIRLS CLUB**  
OF THE LOWER NAUGATUCK VALLEY

**FOR IMMEDIATE RELEASE**

**Contacts:** Shaye A. Roscoe  
203-924-7462

Jimmy Tickey  
203-520-1910

**FOR IMMEDIATE RELEASE**

**Commodore Hull Thanksgiving Day 5K Road Race  
Finish Line Dedication, Registration, Honorary Starter**

**Shelton, CT, November 14, 2019** – Registration is filling up for the 2019 Commodore Hull Thanksgiving Day 5k Road Race, sponsored once again by Greco & Haines. The number of registered runners is once again capped at 800 this year, and nearly 500 runners have already registered. Online registrations will close as soon as the limit of 800 runners is reached. There will be no registrations taken on race day.

Registration fees have been kept at their same low \$25 level again this year. Thanks to support from the Valley Community Foundation, grammar and high school runners receive a discount and register for \$10. Our 70+ runners get an even better deal—they register free of charge.

Registration fees for all runners goes up to \$30 on November 20. Divisions are (male and female): 18-19, 20-29, 30-39, 40-49, 50-59, and 60-69. Special Divisions: Grammar School, High School, Holstein (male – 200 lb. minimum, female – 160 lb. minimum), and 70 and over.

There are no refunds once you have registered; however, should something change and you can't run, you can transfer your registration to another runner for a \$5 fee.

Disposable Bib Chip Technology will once again be provided by Fast Track Timing, LLC, and race results will be available almost instantaneously through their phone app.

Awards will be presented to the first-place male and female runners overall, and the top three male and female finishers in each division. Special awards will go to the top three male and female runners in the High School Division.

Race packet pickup will be held at the Boys & Girls Club at One Positive Place in Shelton on Sunday, November 24, and Wednesday, November 27. Goody bags are guaranteed to the first 500 runners to pick up their race packets.

Greco & Haines, our flagship sponsor since 2002, will once again be providing a quality race shirt to all the runners.

The Derby Fire Department has been chosen as this year's Honorary Starters. Every year these volunteer firefighters provide equipment and firemen at strategic locations along the race route to help make the race a fun and safe event for our runners. Derby Fire Police also assists in traffic control. Truck 15, working with Shelton's Company 1, hang the American flag over the race route across the Derby-Shelton bridge.

Assistant Chief Thomas Biggs will be on hand to fire the starting pistol, and will be joined by Firefighter Linda Goodman, Firefighter John "Rocky" Saccu, Firefighter/EMT Brendan "Buddy" Canty, and Firefighter Jeffry Gallo.



Assistant Chief Thomas Biggs is a 14-year veteran of the Derby Fire Department as a member of Paugassett Hook and Ladder Company #4. He has served as firefighter and worked his way up through the ranks as company officers to his present position of Assistant Chief. Chief Biggs holds certification as a Fire Instructor, Firefighter II, and in Hazardous Materials Operations. Chief Biggs comes from a long family tradition of firefighting. He lives in Derby with his wife Katie.

Firefighter Linda Goodman is a 16-year veteran of the Derby Fire Department as a member of Paugassett Hook and Ladder Company #4. She is one of only four women to be certified as interior firefighters within the department. Firefighter Goodman is certified Firefighter I and in Hazardous Materials Operations. Linda is also a veteran of the annual Thanksgiving Day Road Race. She currently lives in Derby with her husband Howard and her multiple pets.

Firefighter John “Rocky” Saccu is a veteran member of the Derby Fire Department. Firefighter Saccu has served as a firefighter over 50 years and has served with three of the four companies and is currently a member of the Hotchkiss Hose Company #1. He currently is the Safety Officer representative for Company #1. Rocky is currently the Director of Youth Services for the Town of Derby and is only one of a handful of counselors certified in First Responder Mental Health First Aid within the area.

Firefighter / EMT Brendan “Buddy” Canty is a 7-year member of the Derby Fire Department as a member of Storm Engine Company #2. He is currently certified as a Firefighter, Emergency Medical Technician, and as a Certified Emergency Services Dispatcher. Firefighter Canty can be found on most days serving the community as an EMT while working for the Storm Ambulance Corp. Buddy is an avid Boston Red Socks fan and spends his time at home with his dog when not serving his community.

Firefighter Jeffery Gallo is a new member to the Derby Fire Department as a member of East End Hose Company #3. He is a 2<sup>nd</sup> Class Cadet at the Massachusetts Maritime Academy where he is studying to be a ship’s captain. During his education, Jeff has earned certifications in Firefighting, Hazardous Materials Response, and numerous safety certifications. Firefighter Gallo lives in Orange with his family and dedicates his off time to protecting the Citizens of Derby.

In tribute to Pam Petro Pawlowski, who recently suddenly passed away, we have named our finish line the Pam Petro Pawlowski Memorial Finish Line. Pam was a member of the original volunteer crew who created and ran the race for 16 years before turning it over to the Boys & Girls Club. Pam was well known for her boundless kindness, adventurous spirit, and widespread support of her beloved community. We are honored to have known her, and will remember her always.

To keep up to date about all race happenings, visit our website at [www.BGC-LNV.org/commodore-hull-5k](http://www.BGC-LNV.org/commodore-hull-5k) and sign up for our newsletter, or contact Ann Wheeler at 203-924-7462, [AnnWheeler@BGC-LNV.org](mailto:AnnWheeler@BGC-LNV.org).



For more information about the Boys & Girls Club of the Lower Naugatuck Valley, visit  
[www.BGC-LNV.org](http://www.BGC-LNV.org).

###