



February 2, 2025 Live in TD Garden

Virtual Week Prior

9th Annual BFit Challenge purpose to:

- #1 Raise money for First Responder/Military Charities
- #2 to get people moving

\$3.7 million raised since inception

Climb to SUPPORT and CELEBRATE First Responders/Military Fundraiser not a Fitness Competition

YOU choose the charity (20 host charities)

100% of money you raise goes to the charity you choose

\$300 Fundraising minimum to participate

Years Past

IMPACTED BY
COVID-19
VIRTUAL

2020 over 1100 participants/over 3500 guests - event raised \$600,000

2023 over 1200 Participants/over 3500 guests - event raised \$650,000

2024 over 1700 Participants over 4000 guests - event raised **\$892,245** for our host charities

Why should you help...

FIRE FIGHTERS: #1 risk of death is occupational cancer.

LAW ENFORCEMENT OFFICERS: traffic fatalities increased by 136% since 2023

EMS WORKERS: 80%-100% exposure to traumatic events and 20% more likely to have PTSD

MILITARY VETERANS: have a 50% higher risk of suicide than those who did not serve.

Who: Firefighters, Law Enforcement, Military Members, EMS, and ANY community member
10 a.m Police/Military Div. -11 a.m. Community/Family/Friends Div. -Noon Fire/EMS Div.

When: Sunday February 2, 2025 from 9 a.m. – 1 p.m.

What: There will be 5 levels: (You can walk or run. Attainable for everyone.)
*Challenge level can be determined the day of the event.
*Start/finish in same location with no indication of what levels were completed. (Takes pressure away from all participants)

Bring your family and friends!

Bruins Alumni present, event floor activities, touch a truck, Blades, After Party
AWARDS: (Based on fundraising): winning teams of 10 awarded with tickets to a Boston Bruins game and a presentation during the game. Also-many prizes for individual fundraising levels.

www.bostonbruins.com/bfitchallenge