



For Immediate Release

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Believe 208: Run for the Brave and Finest 5K

East Hartford, CT— On Sunday, **September 29, 2019**, more than 500 participants will take to Main Street, East Hartford and Old Main Street, South Windsor for the annual ***Believe 208 5K Run for the Bravest and Finest***.

The 2019 Believe 208 5K Run for the Brave and Finest, in Memory of East Hartford Police Officer Paul Buchanan, supports "Believe 208", an initiative in collaboration with the Connecticut Alliance to Benefit Law Enforcement (CABLE). Believe 208 works with CABLE 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 help to fund education and training efforts and provide resources to first responders and families in need.

Online registration for the Sixths Annual **Believe 208: Run for the Brave and Finest 5K** is available online at <https://bit.ly/2Z7Ksgm>. Early bird registration (by September 1, 2019) is \$25. Pre-registration from September 2 through September 21 is \$30. Online registration will close on September 29, but in-person registration will be available on site prior to the beginning of the race. The in-person registration fee is \$35.

The race location is at the Knights of Columbus on 1831 Main Street, East Hartford.

Believe 208 celebrates and remembers East Hartford Officer Paul Buchanan, who struggled with depression and died by suicide in 2013. The event raises money and awareness for police officer mental health through Believe 208 and the Connecticut Alliance to Benefit Law Enforcement (CABLE).