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North County firefighters to take part in Burn Run, Fire Expo

By: North County Times -

NORTH COUNTY -- North County firefighters will ride with lights flashing and sirens blaring Saturday morning as they parade to Qualcomm Stadium for the 17th annual FlameOut Fire Expo, the state's largest firefighting event.

The procession -- which includes fire trucks and engines accompanied by a highway patrol presidential escort -- begins at 7:15 a.m. in Poway and continues to Rancho Santa Fe, Escondido, San Marcos, Oceanside and Del Mar before reaching San Diego.

About 500 firefighters from throughout the county will participate in the free event, which will be held from 11 a.m. to 5 p.m., said Rosella Aplin, spokeswoman for the San Diego Burn Institute, which the event benefits. It includes fire and burn prevention education, firefighting demonstrations, kid's activities, food and live music.

The event also hosts the Firefighter Combat Challenge, which pits about 150 competitors against each other in tasks including victim rescue and hoisting a 42-pound hose, all while wearing up to 50 pounds of gear.

Proceeds will benefit Burn Institute programs including Camp Beyond the Scars, for children injured by burns.

For more information, visit www.burninstitute.org.