



## ***MONROE FIRE DISTRICT #3***

*163 Village Court • Monroe, WA 98272*

---

### **NEWS RELEASE**

#### **FOR IMMEDIATE RELEASE**

**DATE:** March 9, 2009  
**CONTACT:** Richelle Risdon, Public Education & Information Officer  
**PHONE:** (360) 805-0338  
**EMAIL:** [risdon@monroefire.org](mailto:risdon@monroefire.org)

### **Monroe Volunteer Firefighters Climb 69 Flights of Stairs for Leukemia & Lymphoma**

Seattle, WA—On Sunday, March 8, 2009 four Monroe Fire District #3 volunteer firefighters participated in the Annual Scott Firefighter Stairclimb at the Columbia Center in downtown Seattle. The Stairclimb event supports the mission of The Leukemia and Lymphoma Society, raising money through sponsorships, individual and department fundraising, and entry fees. This year's event featured almost 1500 firefighters from departments in Washington State, across the country, and from as far away as New Zealand.

At 788 feet of vertical elevation, the Columbia Center is the second tallest building west of the Mississippi. With 69 flights and 1311 steps to reach the observation deck, the climb is a challenge in more ways than one. Firefighter Ray Sayah says that "the event pushes you both physically and mentally, especially once you get toward the top. It is a very difficult, yet rewarding experience and it feels great to do something like this for such a great cause."

"As Monroe Fire's public information officer, I participated as a bottle changer for our firefighters once they reached the 40<sup>th</sup> floor. I had no idea how huge this event was or how difficult this climb would be. Watching hundreds of firefighters come through the bottle changing room in full firefighter gear and breathing apparatus was incredible. Their drive and commitment to finish the climb, despite their unbelievable exhaustion, shows the true strength and spirit of a firefighter."

The four volunteer firefighters who participated in and completed yesterday's challenge include Ray Sayah, Beau Squire, Rollie Bailey, and Jason Stearns. Donations can be made on behalf of MFD #3's team by going to <http://www.llswa.org/goto/Monroe> or by mailing a check, made payable to The Leukemia and Lymphoma Society, to: Firefighter Stairclimb, 163 Village Court, Monroe, WA 98272. Our team has until March 31<sup>st</sup> to raise more money for the cause. So far, they have raised \$925. Visit [www.firefighterstairclimb.org](http://www.firefighterstairclimb.org) for more information about the event and to view race results.

# # #

*Please see attached photos taken by Richelle Risdon (PIO)*