



SARA SHISSLAK

TRACK & FIELD / TCA

Firefighter / Paramedic Tempe Fire Medical Rescue Department. Active 14+ years.

Sara has competed in 9 editions of the USPFC. Sara currently holds current USPFC Records for Hammer and Discus in two different age groups! Prior to her career as a Firefighter, Sara competed in Division I Track and Field for Arizona State University. Sara has medaled in every Games she has competed in achieving 29 Golds and 1 Silver. Sara has also been successful in the WPFG earning numerous medals and setting World records in field events.

Sara is an outstanding ambassador for the games. She is well respected and loved. Along with her brother Erik, Sara co-founded the charity organization Arizona FireFighter Athletics which serves as a resource and support center for Arizona Firefighters to compete in amateur sporting events and to promote fitness and camaraderie within the first responder community.