



Plymouth Fire Department

Celebrating 50 years as a Fire Department
2010 marks 50 years for the Plymouth Fire Department. Come celebrate with us, see our first fire truck PFD Engine #1.

Part-time firefighters needed...

The Plymouth Fire Department protects community life, health, property, and the environment by delivering quality fire safety services. Women and men who are at least 18 years old and who want to be part of a progressive, full-service, paid-on-call department are encouraged to consider applying to join our ranks.

Duty Crew Program...

Plymouth offers a unique Duty Crew Program that operates from 6 am to 9 pm Monday through Saturday. The Duty Crew has replaced the once "on-call" randomness of the profession. It has made firefighting into a predictable part-time job.

Make a Difference...

Few professions provide the sense of accomplishment and personal enrichment that fire service professionals enjoy.

Learn More...

If you would like to learn more about becoming a Plymouth firefighter, please give us a call at 763-509-5120. We would enjoy the opportunity to meet with you.



www.ci.plymouth.mn.us

Sixth Annual Plymouth Firefighters

**Celebrating 50 Years
1960 – 2010**



5K Run/Walk and

Kids Fun Run Saturday

September 25, 2010

9 am - 5K Run/Walk
10 am - Kids Fun Run

Plymouth Fire Station 2
12000 Old Rockford Road
(Old Rockford Road and Larch Lane)



Plymouth on Parade

Schedule of Events

Saturday, September 25, 2010

9 am

Plymouth Firefighters 5K Run/Walk
Plymouth Fire Station 2

10 am

Plymouth Firefighters Kids Fun Run
Plymouth Fire Station 2

11:30 am

Parade
*Along Plymouth Boulevard
From 34th Avenue to 37th Avenue*

12:30 – 3 pm

Entertainment, Food, Fun &
the Ducky Derby
*Hilde Performance Center,
Plymouth Ice Center and Life Time Fitness*

Plymouth on Parade Sponsors

The City of Plymouth
Plymouth Parks and Recreation
Minnetonka-Plymouth Rotary

For more information on
Plymouth on Parade,
visit www.ci.plymouth.mn.us.

Brochures printed courtesy of
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Run with Firefighters in their gear through the neighborhood course.

Sixth Annual Plymouth Firefighters 5K Run/Walk and Kids Fun Run

Saturday, September 25, 2010
9 am - 5K Run/Walk
10 am - Kids Fun Run

Entry Fees 5K Run/Walk...

Registration includes long-sleeved t-shirt

- Early Registration received by September 11 – **\$18**
- Registration received Sept. 12 or after and Race Day – **\$23**

Register early! Registration limited to 500 participants.

Online registration available at www.active.com

Kids Fun Run - Free...

- Race day registration available
- Half or full mile option
- All Kids receive a gift when crossing the finish line

Registration & Check-in...

Race day registration and check-in from 7:30 am to 8:45 am at Plymouth Fire Station 2 located at 12000 Old Rockford Road (Old Rockford Road and Larch Lane).

Parking...

Parking is available at Mount Olivet Lutheran Church, one block west of the Fire Station at 12235 Old Rockford Road. Signs will be posted.

Start Times...

5K Run/Walk	9 am
Kids Fun Run	10 am

The Course...

The 3.1 mile course is laid out south of the Fire Station on neighborhood city streets with gently rolling hills. Volunteers will be available on the course.

Attention Firefighters...

Wear clothing to identify your department!
Award for non-Plymouth Fire Department with most entries!

Proceeds...

All proceeds from the event will be donated to the Plymouth Firefighters Relief Association. The Relief Association is a charitable organization according to federal tax law. Your donation may be tax deductible. Consult with your tax advisor.

Information...

For more information contact Firefighter Steve at 763-546-9220 or pfd5k@comcast.net

Registration Form

Make check payable to
Plymouth Firefighters Relief Association.

Mail to:
Plymouth Firefighters 5K
10390 29th Ave N, Plymouth, MN 55441-3229

Please print legibly. One form per person.
Photo copies are acceptable.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

Sex: M F Age on Race Day: _____

If Firefighter, Dept: _____

T-shirt size (5K only): S M L XL XXL

Kids Fun Run Registration 1/2 Mile 1 Mile

5K Registration Fee:

If received by Sep. 11 -- \$18 _____

If received Sept. 12 or after -- \$23 _____

Additional donation _____

Total amount enclosed _____

Cut and send to address indicated

Please read, understand and sign the following waiver: I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the event. I assume all risks involved with running in this event including but not limited to falls, contact with other participants, and the affects of the weather including high heat and/or humidity, traffic road conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I release the City of Plymouth, the Plymouth Fire Department, the Medicine Lake Run Group, the Plymouth Firefighters Relief Association, sponsors and their employees, officials, and agents ("Released Parties") from all claims and liability arising out of my negligence or carelessness or the negligence or carelessness of the Released Parties and further agree to indemnify and hold harmless the Released Parties from such claims, damages and costs including reasonable attorney's fees. The release and duty to indemnify does not apply to the gross negligence or willful and wanton misconduct of the Released Parties. I allow the publication of pictures in which I appear for event publicity and promotion.

Signature: _____

Guardian: _____

(If participant is under age 18)