



Mission:

The Plymouth Crime & Fire Prevention Fund (PC&FPF) is a 501(c)(3) non-profit, all-volunteer organization made up of Plymouth residents and business persons whose mission is to partner with Plymouth Public Safety Department to identify, develop, and support special initiatives that reduce crime and enhance safety in our community.

Results:

Through the generosity of the community over the past **41** years, the following initiatives have been made possible:

- Fire training facilities
- Medication disposal bags
- Active shooter bags
- Thermal imaging cameras
- SWAT command vehicle
- Three Police K-9 units
- Mobile electronic forensic equipment
- Ballistic shield and protective gear
- Automatic electric defibrillators (AEDs)
- Surveillance robot
- Scholarships for Police, Fire and EMS
- And more...

Make a Difference and Learn More:

If you would like to learn more about supporting the PC&FPF check us out at www.plymouthcrimefire.org, on Facebook, or call 612-516-3143.



Race management services provided by Running Ventures



15th Annual
Plymouth Firefighters
5K Run/Walk
and
Kids Fun Run

Schedule of Events

Saturday, September 28, 2019

Plymouth Fire Station 2
12000 Old Rockford Rd

7:30 - 8:45 am

5K Race Day Registration
& Pre-Registered Check-In

8:30 am

5K Warm-up

8:50 am

Proceed to start

8:55 am

National Anthem

9 am

Plymouth Firefighters 5K Run/Walk

7:30 - 9:45 am

Kids Fun Run Race Day Registration
& Pre-Registered Check-In

10 am

Plymouth Firefighters Kids Fun Run



Brochure printed courtesy of Daily Printing, Inc.



presents the 15th Annual

**Plymouth
Firefighters**



**5K Run/Walk
and
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September 28, 2019
9 am - 5K Run/Walk
10 am - Kids Fun Run

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





**15th Annual
Plymouth
Firefighters
5K Run/Walk
and
Kids Fun Run**



Saturday, September 28, 2019
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 15 – **\$20**
- Registration received September 16 or after and Race Day – **\$25**

Register early! Registration limited to 500 participants. Registrations received by Thursday, September 26, eligible for door prizes.

Online registration available at <https://runsignup.com/Race/MN/Plymouth/PlymouthFirefighters5k>

Kids Fun Run - Free:

- Race day registration available
- Half- or full-mile options
- 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 of Plymouth, one block west of the Fire Station at 12235 Old Rockford Road.

Start Times:

Warm-up	8:30 am
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.

Attention Fellow Firefighters:

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

Awards:

Top 3 - Men, Women, & Firefighters

Proceeds:

All proceeds from the event will benefit Plymouth Crime & Fire Prevention Fund, a 501(c)(3) charitable organization according to federal tax law. Your donation may be tax deductible. Consult with your tax adviser.

Information:

For more information contact Jackie at 612-516-3143 or email nissa@runningventures.com

Cut and send to address indicated

Registration Form

Make check payable to
Plymouth Crime & Fire Prevention Fund.

Mail to:
**Plymouth Firefighters 5K
c/o Running Ventures
PO Box 27493, Golden Valley, MN 55427**

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 Sept. 15 -- \$20 _____

If received Sept. 16 or after -- \$25 _____

Additional donation _____

Total amount enclosed _____

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 participating in this event including but not limited to falls, contact with other participants, and the effects 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, Plymouth Fire Department, Medicine Lake Run Group, Plymouth Crime & Fire Prevention Fund, Running Ventures, sponsors and their employees, officials, volunteers, 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)