



**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 owners 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 **38** years, the following initiatives have been made possible:

- Live Fire Training Facility
- Utility Vehicle for Fire Department
- Search and Rescue Training Equipment
- Two Thermal Imaging Cameras
- Water and Ice Rescue Craft
- Confined Space Rescue Equipment
- SWAT Command Vehicle
- Three Police K-9 Units
- Mobile Electronic Forensic Equipment
- Ballistic Shield and Protective Gear
- Automatic Electric Defibrillators (AEDs)
- Surveillance Robot
- Scholarship Program 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 on Facebook, or call 763-509-5198.



Brochures printed courtesy of Daily Printing, Inc.

Join us for the  
19<sup>th</sup> Annual  
**Plymouth on Parade**

*Schedule of Events*

Saturday, September 24, 2016

**8:30 am**

5K Warm-up  
*Plymouth Fire Station 2*

**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 34<sup>th</sup> Avenue to 37<sup>th</sup> Avenue*

**1 – 3 pm**

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

**Plymouth on Parade Sponsors**

The City of Plymouth  
Plymouth Parks and Recreation

For more information on  
Plymouth on Parade,  
visit [www.plymouthmn.gov](http://www.plymouthmn.gov)



12<sup>th</sup> Annual

**Plymouth  
Firefighters**



**5K Run/Walk  
and  
Kids Fun Run**

Saturday  
September 24, 2016  
9 am - 5K Run/Walk  
10 am - Kids Fun Run

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





**12<sup>th</sup> Annual**  
**Plymouth Firefighters**  
**5K Run/Walk**  
**and Kids Fun Run**

Saturday, September 24, 2016  
 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 10 – **\$20**
- Registration received September 11 or after and Race Day – **\$25**

**Register early! Registration limited to 500 participants. Registrations received by Thursday, September 22, eligible for door prizes.**

Online registration available at [www.active.com](http://www.active.com), query Plymouth Firefighters.

**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. Signs will be posted.

**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. Volunteers will be available on the course.

**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 be donated to 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 Firefighter Steve at 763-546-9220 or [pfdr5k@gmail.com](mailto:pfdr5k@gmail.com)

Cut and send to address indicated

**Registration Form**

Make check payable to  
 Plymouth Crime & Fire Prevention Fund.

Mail to:  
**Plymouth Firefighters 5K**  
**11035 45<sup>th</sup> Ave N, Plymouth, MN 55442**

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. 10 -- \$20 \_\_\_\_\_

If received Sept. 11 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 running 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, the Plymouth Fire Department, the Medicine Lake Run Group, the Plymouth Crime & Fire Prevention Fund, 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)