

3rd Annual

Inaugural Joe Plant Memorial 5k - 2009

Sunday, May 2, 2010

Lake Phalen, St Paul

Joe Plant Memorial Living the Dream

5k Run & Walk

Celebration of Life Lived Well



A Charities Challenge Memorial Event



8:30 AM - 5k Run/Walk & 1 Mile Walk around beautiful Lake Phalen, where Joe and his running buddy Joel Dickey ran "a gazillion" miles together in recent years as they trained to race local events, like the ThanksGiving Day - GivingThanks 5k picturing Joe and Joel below.

Joe liked to say, "I'm living the dream". Joe, age 24, strong, fit, happy and healthy, loving family & friends, "Living his Dream" of becoming a St Paul Policeman, died unexpectedly, passing suddenly on January 12, 2008.

The 3rd Annual Joe Plant Memorial 5k will again be a very special occasion to be inspired every step of our way by Joe's active commitment to strength and endurance, love of life, and service to others, and to go on "Living our Own Dreams", sharing those dreams side by side with family and friends, just as Joe did.

Join Joe's family, life-long friends, fellow St Paul Policemen, and his running buddy Joel for an action-inspiring Joe Plant Memorial 5k Run/Walk that will help us all to be about "Living the Dream Every Step of the Way".

Entry Fee: \$24 pre-registered/\$30 race day.

You're invited to donate more than your entry fee in support of the special purpose of this Joe Plant Memorial Event, a student scholarship at St Cloud State University in the criminal justice program, Joe's alma mater.

Learn more about the 2nd Annual Joe Plant Memorial 5k Event & Online Entry at www.CharitiesChallenge.org

Charities Challenge Mission: To Improve Life Quality, Health/Fitness, Reduce Health Risks, and Enhance Disease Management via Goal-oriented RxExercise Training Programs, Engaging Events, & Active Partnerships.

"Run with Joe" to one more Memorable Finish Line on May 2nd at Lake Phalen!



Send this completed form to: Charities Challenge, 1516 Sunny Way Ct, Anoka, MN 55303

2010 Joe Plant Memorial - Living the Dream 5k \$24 Entry fee \$ _____

Shirt Size: XS ___ S ___ M ___ L ___ XL ___ add \$3 for XXL _____

Indicate any added tax-deductible donation \$6, \$16, \$26 or more supporting scholarship fund \$___ TOTAL = _____

CC is a 501(c)(3) non-profit organization having RxExercise & actively Living Dreams as its Mission

Name _____ Age ___ Sex ___ 5k ___ 1 Mile ___

Address _____ Phone _____

City/State/Zip _____ E-Mail _____

Knowingly and at my own risk I do hereby apply to enter an athletic contest. I hereby agree that I release and discharge Charities Challenge, the City of St Paul, or any agent of any of these organizations or their successors from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of such organizations or corporations, or their agents. The undersigned also grants full permission to the race and any organization conducting the race and or agents authorized by them to use any photographs, videotapes, or other record of this event for any purpose.

Signature _____ Co-sign _____ Date _____ (< age 18, guardian sign)