

PRESS RELEASE  
For Immediate Release  
May 3, 2010

St Paul, MN. This morning's Joe Plant "Living the Dream" Memorial 5k at Lake Phalen, St Paul, MN, presented by Charities Challenge, will also recognize Maplewood Sergeant Joseph Bergeron life's sacrifice in law enforcement. Registration opens at 7:30 AM, and start time is 8:30 AM. Directions and more info available at [http://charitieschallenge.org/html/joe\\_plant\\_memorial\\_5k.html](http://charitieschallenge.org/html/joe_plant_memorial_5k.html)

As we continue to celebrate Joe Plant's life at the 3rd Annual Joe Plant "Living the Dream" Memorial 5k today at Lake Phalen. Joe was a St Paul police officer, in whose name a scholarship fund in criminal justice at St Cloud State University has been established and funded partly by net proceeds from this annual walk/run.

While celebrating Joe Plant's self-proclaimed "Living the Dream" life of love and service to others, and encouraging his family and friends, hundreds of participants, many from or associated with many Minnesota law enforcement communities, will also be remembering this morning Sergeant Joseph Bergeron, his family and friends, and fellow Maplewood PD officers, as they mourn his loss of life just yesterday morning at the location of this event at Lake Phalen, St Paul, MN  
<http://kstp.com/news/stories/s1539826.shtml>

This Sunday morning, again at Lake Phalen, as in past years in the JPM5k there will doubtless be several Maplewood PD representatives participating.

While we may run out of "Living the Dream" commemorative shirts for race day registrants, we welcome all those who may especially want to come to show their support of our law enforcement friends serving our communities. Race day registration is \$30 or \$20 without a shirt.

*Accept The Challenge!*

*Be Fit, Be Better, and Be well,*

Gary Westlund, Charities RxExercise Challenge Founder & President  
Certified ACSM Health Fitness Specialist & USATF Level II Coach  
"Raising RxExercise Action Above Awareness"

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

Because there is NO CURE for all the ills associated with lack of exercise...except RxExercise!

CC is a 501(c)(3) non-profit organization  
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