



Parent Heart Watch.
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST



Criminal Justice
Association



9th Annual

"Living the Dream" 5K

Joe Plant Memorial Run/Walk

Saturday, May 21, 2016

Professionally timed, USATF Certified 5K Course

**Lake Phalen
St. Paul, MN**

**Check-in: 8:00 AM
Race Start: 9:00 AM**

**\$25 in advance
\$30 race day**

Be inspired every step of the way by Joe's commitment to strength and endurance, his love of life and service to others. Joe was famous for saying he was just "Living the Dream", and he achieved his dream of becoming a St. Paul Police Officer shortly before passing away suddenly in January 2008.

Financial proceeds continue to benefit those with a goal to serve their communities through a scholarship fund at **St. Cloud State University.**

New in 2016, proceeds also support **Parent Heart Watch**, a network of parents & partners dedicated to reducing the often disastrous effects of Sudden Cardiac Arrest in youth. They inform, educate, advocate and implement programs that help achieve their mission at the national and local level.

REGISTER TODAY ON ACTIVE.COM



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5K Run (Timed) \$25

5K Walk/1 Mile Walk (Not Timed) \$25

Tshirt Size

☐ Youth

☐ Small

☐ Medium

☐ Large

☐ XL

☐ 2XL (+\$2)

☐ 3XL (+\$2)

Added tax-deductible donation to the Joseph Plant Memorial Scholarship Fund

\$

Added tax-deductible donation to Parent Heart Watch

\$

Make Checks Payable To:
Joe Plant Memorial Fund
3929 Stonebridge Drive N
Eagan, MN 55123

Total Enclosed: \$

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Gender: _____ Age: _____

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of USA Track & Field, Inc. ("USA Track & Field") allowing me, the undersigned, to participate in the USA Track & Field sanctioned event described above (the "Event" or "Events"), for myself, and on behalf of my spouse, children, guardian, heir and next of kin, and any legal and personal representatives, successors, administrators, executors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement"):

1. I hereby represent that (i) I am at least eighteen (18) years of age or older; (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drug which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and part of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment or property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or man-made objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizer; and other unforeseen, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Rule and Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damage, liability, losses or expenses which I incur as a result of my participation in any Event.

3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its members, member clubs, associations, sport discipline and divisions; United States Olympic Committee (USOC); the Event Director, Organizer and Promoter, Sponsor, Advertiser, Coach and Officials; the Host Organization and the Facility, Venue and Property Owner or Operator upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (individually and collectively, the "Rule and Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damages(s), loss or expense (including court costs and reasonable attorney fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Rule and Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, make a claim for Liability against any of the Rule and Parties, I will indemnify, defend and hold harmless each of the Rule and Parties from any such Liability which any may be incurred as the result of such claim. I warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up certain legal rights by signing it (including the rights of my spouse, children, guardian, heir and next of kin, and any legal and personal representatives, successors, administrators, executors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding this issue and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Signature: _____ Co-Sign _____

Under 18