

April 12, 2009

The Only Easter Sunday 5k in Twin Cities!

2nd Annual

Easter Sunday - Rise 'n' Shine 5k

& 1.5 Mile Family & Friends Fun Walk

A Charities Challenge RxExercise Holiday Event

Celebrating Life



By Rising 'n' Running or Walking Como Lake, St Paul, 8:30AM



8:30 AM 5k Run or Walk around beautiful Como Lake on a USATF certified 5k course with family & friends. Shirt Pick-up & Race Day Registration @ Lakeside Pavilion near start/finish opens @ 7:30 AM - Free parking!

Entry Fee: \$23 pre-registered/\$30 race day includes Commemorative "Easter Sunday - Rise 'n' Shine 5k" shirt, a reminder to keep up our daily RxExercise and share that exercise with families & friends, because...

"It's a joy to rise early and walk 'n run with others...because a 5k a day brightens a day".

Easter Sunday is a "Celebration of Life" observed by people around the world. On this holiday, hundreds of runners & walkers will be demonstrating the power of RxExercise to improve lives, especially those who are living actively and well beyond health challenges like arthritis, cancer, diabetes, and heart disease.

Net event proceeds benefit CC's RxExercise Events, Programs and Services. **CC is a 501(c)(3) organization.**

Learn more about The Power of RxExercise to improve the quality of each of our lives and relationships.

(1) Fulfill the RxExercise mission of Charities Challenge by participating (2) Significantly encourage those who will be taking up exercise because of family & friends who are running or walking together (3) Together we're continuing serving others in need of exercise leadership by supporting Charities Challenge RxExercise Mission/Programs/Events.

Info: 612-245-9160; Online registration available via CharitiesChallenge.org at Active.com

**Send this completed form to: Charities Challenge, 1516 Sunny Way Ct, Anoka, MN 55303
Easter Sunday 5k Pre-registered Entry fee \$23**

Commemorative **Easter Sunday - Rise 'n' Shine 5k** Shirt Size: XS __ S __ M __ L __ XL __ add \$3 for XXL __

Thank You! for an added tax-deductible donation \$7, \$17, \$27 or more supporting CC RxExercise Programs \$__ TOTAL = __

- Use my added CC donation to help needy others to get a CC Gift of new running/walking shoes & RxExercise Programs.
- Use my added CC donation to support RxExercise Ambassador & "Make a Comeback, Kid!" Challenged Athletes Programs

Name _____ Age __ Sex __ Birth Date __/__/__

Address _____ Phone _____ 5k __ 1.5 Mile __

City/State/Zip _____ E-Mail _____

- I want info @ CC Rx Exercise Training Programs & Events in the Twin Cities so I can stay active all year long.
- I want info @ CC Travel-Team-Expenses-Paid "Ambassadorships" to inspiring Great Ambassador Destinations.

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, Black Bear Crossing Restaurant, 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. I agree to abide by road race etiquette and safety rules for safe racing by not bringing onto the course during the event any leashed or unleashed animals.

Sign _____ (under age 18, guardian Co-sign _____ Date _____

