

Charities Challenge 2009

Taking on All Challenges

Challenge Series of 6 x 5k Events

@ Como Lake, St Paul, MN, USATF Certified Course

Early Bird Special – Register by April 3!



#1 Challenge Obesity, Saturday, April 4

#2 Challenge Hearts&Minds, Monday, May 25

#3 Challenge Cancer, Saturday, June 6

#4 Challenge Diabetes, Saturday, July 11

#5 Challenge Arthritis, Saturday, Aug 29

#6 Challenge Aging, Sunday, Oct 10

Start Spring 2009 Fast & Finish Faster by Fall – Celebrating All Those Who are Not Stopped by Challenges



Save \$32+ on 6 x 5k Events until April 3...Special Reduced Entry fee of \$100 for 6 Events

Online registration & more information about Challenge Events available www.CharitiesChallenge.org

Net event proceeds benefit Charities Challenge RxExercise Programs. CC a 501(c)(3) organization Ph: 612-245-9160

Each Event offers Recognition-Results-Records-Awards - ByYouth, Open, Masters 5 yr age groups 35-90+

Return this Registration to: Charities Challenge, 1516 Sunny Way Court, Anoka, MN 55303

“Taking on all Life’s Challenge 6 x 5ks in 2009” Reduced Entry fee of \$100 thru 4/3/09 \$ _____

Commemorative T-Shirts for Each 5k Event: __S __M __L __XL __2XL (Add \$3) __3XL (Add \$5) _____

Thank you! for any added tax-deductible donation, \$10, \$25 or more for RxExercise Events & Programs: _____

5k Run __ RaceWalk* __ Walk __ *RaceWalkers USATF Member # _____ **TOTAL ENCLOSED: \$ _____**

Name _____ Birthday ____/____/____ Age ____ Sex ____

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Optional Registration Questions: Yes! These are My 1st-ever Road Race Events!

Optional Division II: Women’s Athena Weight Class (> 145 lbs) or Men’s Clydesdale Weight Class (> 200 lbs)

I’m Happy that I’ve lost the following amount of weight in pounds (Circle Answer) > 30 >50 >100 >200 Other _____

Yes! I’m Making My Own Strong Comeback from a Stroke __ TBI __ other Brain Disease __ with Rx Exercise!

Yes! “I’m More Than a Survivor” because of RxExercise! Cancer Type _____ Diagnosis Date: _____

“I’m Moving My Feet to Defeat My Diabetes” with my RxExercise! DM Type I or II? Diagnosis Date: _____

“I’m Not Stopped by My Arthritis!” Arthritis Type _____ Diagnosis Date: _____

I want info @ CC Rx Exercise Training Programs & Events in the Twin Cities so I can stay active all year long.

I want info @ Programs like CC Travel-Team-Expenses-Paid “RxEx Ambassadorships” to inspiring 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 Crossings Café, 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 races any leashed or unleashed pets/animals.

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