

4th Annual

Challenge Aging 5k



Saturday, Oct 9, 2010
Como Lake, St Paul
9 AM Start

“Celebrating Strength & Successful Aging”

RUN & RACE WALK

& 1.5 Mile Fitness Walk
& Kids Half Mile Challenge

5K RUN & RACE WALK or 1.5 Mile Fitness Walk

10 AM - KIDS CHALLENGE HALF MILE

5k on USATF certified course around beautiful Como Lake; Start/Finish near Lakeside Pavilion.

ENTRY FEE: \$23 pre-registered/\$30 race day

ENTRY FEE: \$10 pre-registered/\$15 race day



Online Entry, 5k Event Records/Photos & more available at www.CharitiesChallenge.org

Recognition & Awards: Complete 5k results by Youth, Open, Masters (5-year age groups > age 40-80+), Athena-Clydesdale & Race Walk Divisions; classy commemorative race shirts & race treats for all Events participants.

Special Aging Athletes Awards & Recognition: Special “Well Aged with RxExercise” awards & recognition for athletes in their 40s, 50s, 60s, 70s, 80s & 90’s. Calculate your “Real Age” at www.realage.com and, if you like, tell us in your registration form what your “Real Age” is for us to recognize and celebrate.

Note: “Real Aging” for physically fit & athletic individuals after age 40 is slowed to ¼ the rate of “Usual Aging” effects in sedentary individuals. Active athletes are really younger than their chronological years and happier/healthier/younger than sedentary individuals. Share your youthfulness: Share your RxExercise with others.

Challenge Aging with appropriate Rx Exercise

Learn more about “Aging & RxExercise” at www.CharitiesChallenge.org; 612-245-9160

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

2010 Challenge Aging 5k Run __ Race Walk*__ Walk __ or 1.5 Mile __ Pre-Registration Fee \$23 \$ ____

*RaceWalker’s USATF Member # _____ Kids Challenge Half Mile __ (Pre-registered Fee \$10) ____

Included Commemorative T-shirt XS __ S __ M __ L __ XL __ for sizes: 2XL __ (Add \$3) 3XL __ (Add \$5) ____

Thank You! for any 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 _____ Sex __ Age __ Birth Date ____/____/____

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Optional Registration Questions:

- According to RealAge.com calculation, My “Real Age” is ____ or (- ____ years younger than my chronological age)!
- Optional Division II: Women’s Athena Weight Class (> 145 lbs) or Men’s Clydesdale Weight Class (> 200 lbs)
 - Yes! This is My First-ever Race Event!
 - Recognized Team Name _____
- 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 Programs like CC Travel-Team-Expenses-Paid “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)