

PRESS RELEASE      April 8, 2009      FOR IMMEDIATE RELEASE  
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St. Paul, Minnesota – April 8, 2009 – Charities Challenge, a 501(c)3 nonprofit organization, announces the **2<sup>nd</sup> Annual “Easter Sunday – Rise ‘n’ Shine 5k”** and 1.5 Mile Fitness Walk, **starting at 8:30 AM on Sunday, April 12, at scenic Como Lake in St. Paul, MN.**

**CC’s Easter Sunday 5k walk/run event in St Paul is the only Easter Sunday road race in Minnesota.**

The event theme, **“Actively Celebrating Life”** emphasizing the power of exercise as a prescription (RxExercise) to improve the quality of lives challenged by a variety of chronic diseases like arthritis, cancer, depression, diabetes, and heart disease.

Pre-registration is \$23, available now via [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org). Race day registration is \$30 and opens 7:30 AM at the historic pavilion on Como Lake.

Registration includes a “Rise ‘n’ Shine” commemorative shirt, hot and cold refreshments, healthy whole fresh fruit, announcer, holiday motivational music, photography with unique post-event online slideshow displaying “miles of smiles.”

Gary Westlund, Founder and President of Charities Challenge, reports, “Easter Sunday is a “celebration of life” observed by people around the world. In honor of this special holiday, the 5K and 1.5 mile events are all about demonstrating the Power of RxExercise for those who enjoy life more and overcome health challenges through being regularly and adequately active.

Participation in the 5k Run/Walk will first immediately fulfill the RxExercise mission of Charities Challenge in the lives of every one who walks or runs, secondly, significantly encourage those who will be taking up exercise because of their family and friends who are walking with them, and, lastly, will continue serving others in need of exercise leadership by supporting Charities Challenge RxExercise Mission/Programs/Events”.

**CC 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  
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