



RxExercise Ambassadors

Travel A-Team \$ Expenses Paid

To Great Ambassador Destination Events

Inspire Others RxExercise with Every Step



Choose Your Goal... Join A-Team Today... Train & Tell ... Travel Tomorrow

2013-14 Great Ambassador Destination Events

- Aug 5 - **Dublin, Ireland** Dublin Rock 'n' Roll Half Marathon
 - Sept 1 - **Kauai, HI** Kauai Marathon, ½ Mar, 5k
- Oct 13 - **Munich, Germany** Munich Marathon, ½ Marathon & 5k
 - Oct 27 - **Washington DC** Marine Corps Marathon & 10k
 - Dec 8 - **Honolulu, HI** Honolulu Marathon & 10k Walk
- Jan 10-12, 2014 - **DisneyWorld** Marathon, ½ Marathon & 5k
- Jan 19, 2014 - **Maui, HI** Oceanfront Marathon, Half Marathon & 5k
 - March 23, 2014 - **Rome, Italy** Rome Marathon & 5k
 - May 4, 2014 - **Spokane, WA** Lilac Bloomsday Run 12k
(Preceded by RRCA National Convention in Spokane, WA May 1-3)



Become an RxExercise Ambassador Inspiration

Because... There is NO CURE for all the ills associated with lack of exercise!

Take action now and *make a difference every day* in your own life & the lives of others by Training, Traveling & Telling your RxExercise Ambassador story

For more information contact RxExercise Ambassador & Coach Gary Westlund
Certified American College of Sports Medicine Health/Fitness Specialist & USATF LII Coach
GaryWestlund@aol.com / 612-245-9160 / www.CharitiesChallenge.org

CC Mission: To Improve Health/Fitness, Reduce Health Risks, and Enhance Disease Management via Goal-oriented RxExercise Training Programs, Engaging Events & Active Partnerships.

CC is a 501(c)(3) non-profit organization