

PRESS RELEASE - October 30, 2014 - FOR IMMEDIATE RELEASE
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St. Paul, Minnesota – October 30, 2014 – **Charities Challenge**, a 501(c)3 nonprofit organization, **announces the “The First and Only Election Day 5k Road Race in America”**.

Charities Challenge’s **3rd Biennial “Election Day – Exercising Liberty 5k” will start at Noon on Tuesday, November 4, 2014, at Como Lake, St. Paul, MN.**

The 5k theme is “Celebrating Life, Liberty and the Pursuit of Happiness” emphasizing the irreplaceable health benefits of exercise, and the power of exercise as medicine (RxExercise) to improve quality of lives challenged by a variety of chronic diseases like arthritis, cancer, depression, diabetes, heart disease, improve stress management, and even to improve relationships.

For more information including registration options go to www.CharitiesChallenge.org.

Race-day registration opens at 11 am Election Day at the Como Lake historic lakeside pavilion. **Pre-registration is \$29-34; race-day registration is \$45.**

Registration includes an “Election Day – Exercising Liberty 5k” commemorative shirt, hot and cold refreshments, healthful whole fresh fruit, professional announcer, motivational music, photography with unique post-event online slideshow of “Miles of Smiles”.

Charities Challenge Founder and President, Gary Westlund, reports, “Election day in the USA has become an unusually stressful day for many Americans.

Because exercise has been found to alleviate much of the ill effects, both mental and physical ill effects, of distress, Charities Challenge has initiated the first-ever and still the only Election Day 5k road race in America.

Our goal is to bring us together, regardless of how we each may happen to vote, and enjoy a brisk 5k walk or run, and to discover the common ground beneath our feet.

My hope is that by running and walking together on Election Day, we may better maintain our special relationships, among family and friends, especially with those who may otherwise vote differently from one another. We can run and walk on together regardless of how elections may turn out.

The only partisan aspect to the Election Day 5k is a clever campaign to ask participants to mark their own race shirt ballot questions: I Elect to Run or I Elect to Walk.

The next Election Day 5k will be in two years, on Tuesday, Nov 8, 2016, when we can Elect to Run or Walk with family and friends again, regardless of political differences.”

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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