

PRESS RELEASE November 7, 2014 FOR IMMEDIATE RELEASE
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St. Paul, Minnesota – November 7, 2014 – Charities Challenge, a 501(c)3 nonprofit organization, announces the **4th Annual Veterans Day USA – Honoring Military Service 5k run/walk event, Sunday 11/9/14, 9 Start Time, at Como Lake in St Paul.** Race day registration opens at 7:45 AM.

http://www.charitieschallenge.org/html/veterans_day_usa1.html

200+ participants are expected, nearly 20% of whom are in active, or retired from, military service, and another 20% are going to run or walk their first-ever road race.

The event emphasizes actively honoring military service, while also highlighting the health/fitness values to everyone in America when more and more of us are actively “Exercising Freedom”, **advancing the Power of Exercise as a powerful prescription (RxExercise) to improve lives.**

RxExercise is proven “medicine” in improving the quality of lives, especially lives challenged by a variety of chronic diseases like arthritis, cancer, depression, diabetes, and heart disease.

Coach Gary Westlund, Founder and President of Charities Challenge, reports, “The **Veterans Day USA – Honoring Military Service 5k** is the **4th of CC’s 5 unique Annual Americana Heritage Events**, each one **emphasizing the value of bringing together Family and Friends on and around America’s holidays to share in the Power of RxExercise to improve lives and keep America strong.**

CC’s Americana Heritage Series of run/walk events’ Exercise-and-America’s-fitness-as-a-nation theme is inspired by historical and military **wisdom of Rudyard Kipling who reported that, ‘Nations have passed away and left no traces. And history gives the naked cause of it...They fell because their people were not fit,’ and John F. Kennedy’s, ‘Physical fitness is the basis for all other forms of excellence’.**

I’m particularly gratified by how many are turning out for a run/walk event in order to actively salute and honor all those who serve, or served, in military service.

Participation in the Run/Walk will immediately fulfill the RxExercise mission of Charities Challenge in the lives of every one who walks or runs, and, 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 and Active Partnerships**

There will be both **‘Thanks for your service’** repeatedly heard at the event, as well as **‘Thanks for the added donations received from participants’ all of which donated funds will go to Team Red, White, Blue of MN.**

TEAM RWB serves returning veterans with a variety of services, especially those returning with PTSD challenges.”

CC Mission: To Improve Health/Fitness, Reduce Health Risks, and Enhance Disease Management via Goal-oriented RxExercise Training Programs, Engaging Events & Active Partnerships... **Because there is NO CURE for all the ills associated with lack of exercise...except RxExercise!**

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