

Maple Grove, Minnesota – December 24, 2015 – **Charities Challenge**, a 501(c)3 nonprofit organization, **announces what continues to be “The Biggest Christmas Day 5k in the USA”** (there being only two other continuing Christmas Day run/walks in America, and this Maple Grove run/walk event is the one Closest to the North Pole).

Charities Challenge’s 10th Annual “Christmas Day – Joyful 5k” Run/Walk and 2k Fitness Walk will start at 10 AM on Friday, December 25, at Arbor Lake, Maple Grove, MN.

The 5k theme is “Miracle Miles – Celebration of Joy” emphasizing the irreplaceable health benefits of exercise, and the power of exercise as medicine (RxExercise) to improve the quality of lives at risk of, or challenged by, a variety of chronic diseases like arthritis, cancer, depression, diabetes and heart disease. **For more information go to www.CharitiesChallenge.org**

Race-day \$45 registration opens at 8:45 am Christmas Day at our great new location around Maple Grove’s Arbor Lake, starting and finishing at the Claddagh Irish Pub & Restaurant, where we will find indoor pre-and-post race hospitality.

Registration includes a long sleeve “Christmas Day – Joyful 5k” commemorative shirt, collectible commemorative Joyful 5k Christmas ornament, hot and cold refreshments, healthful tasty treats, announcer, holiday motivational music, free photography with unique post-event online slideshow of “Miles o’ Smiles”.

Photos slideshow will highlight the fun and increasingly popular “Beautiful ‘UGLY SWEATER” Contest”.

The anticipated participation for this 10th Annual “Christmas Day – Joyful 5k” Event is about 200, including individuals visiting MN for the holidays from many other states.

Charities Challenge Founder and President, Gary Westlund, reports, **“There is a rare, life-enhancing, even life-giving gift some of us can give to family or friends we love: the gift of our time walking or running by their side.**

Sharing the gift of our own time in enjoyable exercise, walking or running with someone we love is a gift that improves the quality of each of our lives and may be remembered with advantages for years to come.

Christmas Day is a very special occasion for many of us to add a new tradition to our traditional families’ and friends’ holidays celebrations: RxExercise providing exercise to so many of us who are under-exercised in addition to sharing our exercise time with others who don’t want to walk or run alone.

Christmastime can be the loneliest time of year for some of us. **I’m hopeful that many single people, some very lonely, without family nearby with whom to celebrate ‘at this time of the rolling year’, will come to enjoy the benefits of a brisk 5k at beautiful Arbor Lake on Christmas Day with hundreds of others.**

Purposeful participation in the 5k Run/Walk will first, immediately fulfill the RxExercise mission of Charities Challenge in the lives of everyone who walks or runs, and secondly, significantly encourage those who will be taking up exercise because of their actively loving 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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