

9TH ANNUAL

HALLOWEEN

FEARLESS 5K

CHASE AWAY FEARS CELEBRATE COURAGE

SUNDAY, OCTOBER 29
9 AM START

ARBOR LAKES AREA

MAPLE GROVE, MN

A Charities Challenge RxExercise Holiday Run Event



300 Limited Event Entries... Register Early!



Timed 5k run and race walk on USATF certified 5k course with loving family & friends

Because Halloween has its origin in Ireland... Complimentary Claddagh Irish Pub post-race Breakfast, Beer, hot and cold light beverages, announcer, holiday theme music, commemorative shirt, Irish colors & costumes welcome, free post-event photos slideshow, Liveality photos memory books, free & convenient parking, indoor restrooms.

Entry Fee: \$30 pre-registered by 12/31/16; \$35 1/1-9/30/17; \$39 10/1-25; \$50 race day –Fearless 5k shirt is a reminder to Actively demonstrate your friendly fearlessness as an active runner/walker by sharing your run/walk with others who may have been fearful of RxExercise and entering a 5k road race. Runners & walkers will be demonstrating the Power of RxExercise to improve lives, including overcoming fears, especially the many of us who are living well and courageously beyond health challenges like arthritis, cancer, diabetes, depression, and heart disease with RxExercise.

More Info & Online Active.com registration via CharitiesChallenge.org 612-245-9160

Net event proceeds benefit CC's Rx Exercise Events, Programs and Services. CC is a 501(c)(3) org.



Send completed form to: Charities Challenge, 1516 Sunny Way Ct, Anoka, MN 55303

2017 HALLOWEEN FEARLESS 5K Entry fee \$30 in 2016; \$35-\$39 'til 10/25/17; \$50 race day \$ _____

Commemorative Shirt Size: XS ___ S ___ M ___ L ___ XL ___ only for 2X ___ add \$4 or 3X ___ add \$5 _____

Subtract \$7 for No Commemorative Shirt Option _____

Add Optional Commemorative Items in above size: \$35 Hoody Sweatshirt ___; \$25 Crewneck Sweatshirt ___ + _____

Thank you for any tax-deductible donation \$5, \$15, \$25... supporting CC's RxExercise Programs _____

TOTAL= \$ _____

Name _____ Sex ___ Age ___ Birthday ___/___/___

Address _____ Phone _____ 5k ___ 1 Mile ___

City/State/Zip _____ E-Mail _____

Optional Registration Questions: Yes! This is My First-ever Road Race Event! I've Run Other CC Events!

I want info @ CC Travel-Expenses-Paid Ambassadorships to Ambassador Destinations like Dublin, Ireland!

Knowingly at my own risk I do hereby apply to enter an athletic contest. I hereby agree that I release and discharge Charities Challenge, Claddagh Irish Pub Restaurant, the City of Maple Grove, Ryan Co. or any agent of any of these organizations or their successors from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of such organizations or corporations, or their agents. The undersigned also grants full permission to the race and any organization conducting the race and or agents authorized by them to use any photographs, videotapes, or other record of this event for any purpose. I agree to abide by road race etiquette safety rules for safe racing by not bringing on the course during the event any leashed or unleashed animals.

Signature _____ Co-sign _____ (< age 18, guardian sign) Date _____