

Walk or Run with Moms!



# Mothers Day 5k

## Celebration of Active Generations

Sunday, May 14, 8:30 AM

Arbor Lake, Maple Grove, MN



A Charities Challenge RxExercise Holiday Run Event

Online Entry, 5k Event Records/Photos & more available at [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)

5k & 2k Walk 'round Arbor Lake on USATF certified 5k course with family & friends.

### 5k Run & Walk followed by Claddagh Irish Pub Breakfast & Beer

**Recognition:** results by complete USATF Youth, Open, Masters (5-yr age groups)

5K – Entry Fee: \$35 'til 4/30; \$40 May 1-10 / \$50 race day – Subtract \$7 for No Souvenir shirt option

### 300 Limited Entries – Pre-register Early!

“Mothers Day 5k - Celebration of Active Generations” lovely shirt for all!

Honor Moms with the joyful heart-health benefits of RxExercise walk or run! *A 5k a Day Brightens a Day!*

Learn more at CC's web site about “The Top 10 Reasons to Walk 'n Run with Mom at the Mothers Day 5k”, and the *irreplaceable* Power of Rx Exercise to Improve Moms' Lives and Reduce Chronic Disease Risks.

Info: 612-245-9160; Online entry available at Active.com via [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)

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

2017 Mothers Day 5k pre-registered entry fee \$35 'til 4/30; \$40 5/1-4; \$50 race day \_\_\_\_\_

Shirt Size: XS \_\_ S \_\_ M \_\_ L \_\_ XL\_\_ (Only for 2XL \_\_ add \$4) \_\_\_\_\_

Subtract \$7 for No Commemorative Shirt Option \_\_\_\_\_

Add Optional \$25 Crewneck Sweatshirt Commemorative Item in above size + \_\_\_\_\_

Thank you for any tax-deductible donation \$5, \$15, \$25 or more supporting CC RxExercise Programs \$\_\_\_\_\_ TOTAL = \_\_\_\_\_

Name \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_ Birthday \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Run \_\_\_\_ Walk \_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City/State/Zip \_\_\_\_\_ E-Mail \_\_\_\_\_

Optional Questions:  I'm a Mom!  I support Moms in my life with whom I'm registering



Wife's Name \_\_\_\_\_

Mom's Name \_\_\_\_\_

GrandMom's Name \_\_\_\_\_

Yes! This is My First-ever Road Race Event!  I've participated in past CC Events

I want info @ CC Rx Exercise Training Programs & Events in the Twin Cities so I can stay active all year long.

I want info @ CC Travel-Team-Expenses-Paid “RxExercise Ambassadorships” to Great Ambassador Destinations.

Knowingly and 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, 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 and safety rules for safe racing by not bringing onto the course during the event any leashed or unleashed animals.

Sign \_\_\_\_\_ Co-sign \_\_\_\_\_ (for kids under age 18) Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_