

Thank you for pre-registering for the 6th Annual Veterans Day USA – Honoring Military Service 5k this Saturday morning at our new welcoming location for this event at the MN State Capitol Memorials grounds just south of the Capitol.

The start/finish are alongside the Peace Officers Memorial at 12th and Cedar in downtown St Paul. There is adequate parking in lots on either side of this Memorial. Check in will be set up near the start/finish.

Find at the event page the following event information and more

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

The course map, location of easy parking in lots on either side of the start/finish area, rented fresh porta-johns will be found in the corner of one of the parking lots, inspiring Vets 5k video of 2013, past event photos slideshows and race results.

The forecast is for a bright sunny 39-42 F. 10-12 mph winds, during the event.

We have 110 pre-registered for the Vets 5k.

We've extended online pre-registration to 6 PM tonight, Thursday Nov 10.

Please invite more families/friends to join us.

NOTE: THERE IS NO RACE DAY REGISTRATION. There is only check-in on Saturday morning for pre-registered participants.

7 AM - CC Race Event Worker (CCREW) volunteers begin set up.

7:50 AM - Vets 5k shirt and bib # pick up

We want participants proudly wearing the Vets 5k shirts during or after the race.

8:50 AM Check-in closes and the start line area assembles for final pre-race announcements and National Anthem.

9 AM is start time for both the 5k and 1 Mile Walk.

I recommend arriving between 8 AM and 8:30 AM to allow our volunteers time to check you in. You'll enjoy touring the memorials you'll be running 'round. Bring your camera.

Results/Records of the Vets 5k will be posted online soon after the event.

My edited photos slideshow with music will be online by Monday, too. See photos slideshows with music from CC Events Photos Galleries at http://charitieschallenge.org/html/cc_event_photos.html and be ready to be in the picture Saturday morning at the State Capitol Memorials grounds.

Special Participation Notes:

A. Because we're on paved pedestrian walkways and going 'round the memorials grounds 3 times for the 5k (1 time for the 1 mile), **please remember to walk or run no more than two abreast**, always allowing room for those really fast folks who will be coming up from behind on their 2nd and 3rd lap while you may be walking your 1st or 2nd lap.

B. So the timing/scoring volunteers may do their jobs well, **be sure to display your bib # that you'll receive ONLY on your shirt front.** (This is a USATF road racing rule for all sanctioned events.)

C. Do not remove the tear tag at the bottom of your bib # you'll receive as the finish line volunteers need you to tear that tag off and hand it in after you finish for accurate scoring of everyone in the 5k.

D. For those listening to personal music devices while running/walking: For everyone's safety and to be able to hear instructions and warnings by course marshals **please remove any ear bud devices from your ears**

1. Before the start to hear announcer race instructions

2. Especially as you approach the finish line archway where finish line volunteers will be helping you and others to finish safely and in order for accurate scoring of the 5k. **And, you'll have more fun hearing your name announced and being cheered by so many family & friends at the finish when your ears are wide open to the inspiring sounds all around during a CC Event.**

Because CC Events are all produced and delivered by volunteers, **please join me in thanking each of the CC Race Event Workers (CCREW) volunteers who will be joining together in delivering a memorable experience to everyone Saturday morning.** They are wonderful athletes, many challenged athletes, who are proud to serve active people like you. (Go CCREW!)

Around the Vets 5k area you're welcome to tour the memorials, take photos, and remember so many American heroes.

After the Election Day 5k you're welcome to join some of us CC Race Event Worker (CCREW) volunteer workers at Emmet's (just a block west of Dale on Grand – connected to Dixie's on Grand). Wear your Vets 5k shirt so we can identify one another in the restaurant.

See you Saturday morning at the Peace Officers Memorial at 12th and Cedar near the State Capitol. Yes, the CC web site includes map and directions, too.

Again, you're encouraged to forward this e-mail to those you're inviting to join you, and even **add your invitation to others via your Facebook page when you add Charities Challenge to your Facebook links** <https://www.facebook.com/groups/41310607820/>

Next up for CC Events...

Thursday, November 24, 8:30 AM - The 11th Annual ThanksGiving Day – GivingThanks 5k in Maple Grove, includes post-race Irish breakfast and beer and more hospitality at race-central The Claddagh Irish Pub & Restaurant.

http://www.charitieschallenge.org/html/thanksgiving_day_5k.html

Accept The Challenge!

Be Fit, Be Better, and Be well,

Gary Westlund, Charities RxExercise Challenge Founder & President

Certified ACSM Health Fitness Specialist & USATF Level II Coach

"Raising RxExercise Action Above Awareness"

Charities Challenge 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!

CC is a 501(c)(3) non-profit organization

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