

Includes Irish Breakfast
300 Limited Entries –
Pre-Register Early!
A Charities Challenge
RxExercise Holiday Run Event

Sunday, February 12 - 10 AM Arbor Lake, Maple Grove, MN 9th Annual

Valentines Hearts 'r' Running 5k



Continuing CC's RxExercise Mission/Programs/Events

Holiday Tradition Actively Celebrating Active Loving Hearts

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

Start/finish, check-in & race day registration inside Claddagh Irish Pub. Free, convenient parking.

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

Race day check-in, registration & post-race party inside warm, welcoming Claddagh Irish Pub/Restaurant

Includes Irish Breakfast & Beer! - 300 Limited Entries - Register Early!

Entry Fee: \$35 pre-registered by 1/31; \$40 2/1-8 /\$50 race day- Subtract \$9 for no souvenir shirt

Walk 'n Run with active-loving others - a 5k a day brightens a day & improves relationships!

Demonstrate your active-love! If you're an active runner/walker you can significantly encourage those
you love who will be take up exercise because you are walking with them for Valentines.

St. Valentine's Day has become a "celebration of love". Runners & walkers will be demonstrating the
power of RxExercise to improve lives and loving relationships, especially the many who are living
well beyond health challenges like arthritis, cancer, diabetes & heart disease with RxExercise.

Perhaps display a sign on your back proclaiming, "My Heart Is Running for ______".

Info: 612-245-9160; Online registration available via CharitiesChallenge.org

Learn more about The Power of RxExercise to improve the quality of lives & relationships.

Net event proceeds benefit CC's RxExercise Events, Programs/Services. CC is a 501(c)(3) organization.

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

	efit CC's RxExercise Events, Programs/		,		
Send this completed	entry to: Charities Challenge, 15	516 Sunny	Way Ct, An	oka, M	N 55303
2017 Valen	tines - Hearts 'r' Running 5k Entry fee	e \$35 'til Jan	31; \$40 2/1-8 /\$	550 race o	day: \$
	Shirt Size: XSS_M_L_XL_				-
		-	 Commemorative		
Add Optional Comme	morative Items in above size: \$35 Hoody S				
_	deductible donation \$5, \$15, \$25 or more supp				
Name		Sex Ag	ge Birth Date	/	_/
Address	Phone			Run _	Walk
City/State/Zip	E-Mail				
Optional Questions: □Ye	s! This is My First-ever Road Running Eve	ent! 🛭 I've b	een in CC Event	ts - Estim	ated #
-	el-Team-Expenses-Paid "Ambassadorship				
	ereby apply to enter an athletic contest. I hereby agree that I				
Restaurant, the City of Maple Grove, o	or any agent of any of these organizations or their successors	s from all claims, o	demands, injuries, dam	ages, actions	s or causes of
action and from all acts of active or pas	ssive negligence on the part of such organizations or corpor	ations, or their ag	ents. The undersigned	also grants f	ull permission to
	ing the race and or agents authorized by them to use any pl	· .	•	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 cou	urse during the eve	ent any animals.		
Signature	Co-sign		(under a	ge 18, gua	rdian sign)