

PRESS RELEASE: November 7, 2016 FOR IMMEDIATE RELEASE
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St. Paul, Minnesota – November 7, 2016 – **Charities Challenge**, a 501(c)3 nonprofit organization, **announces the first and still “The Only Election Day Road Race in America”**.

Charities Challenge’s 4th Biennial **“Election Day – Exercising Liberty 5k” will start at High Noon on Tuesday, November 8, 2016, on the Memorials grounds of the MN State Capitol, St. Paul, MN.**

Start/Finish is next to the Police Memorial at 12th and Cedar. Additional contributions were received and preferred to the MN Law Enforcement Memorial Association.

The 5k theme is “Celebrating Life, Liberty and the Pursuit of Happiness” emphasizing the irreplaceable health benefits of exercise, and the power of exercise as medicine (RxExercise) to improve quality of lives challenged by a variety of chronic diseases like arthritis, cancer, depression, diabetes, heart disease, improve stress management, and even to improve relationships.

For more information go to
http://www.charitieschallenge.org/html/election_day_-_exercising_liberty_5k.html

Gary Westlund, Charities Challenge Founder/President and American College of Sports Medicine Certified Exercise Physiologist, says **America’s Election Day has become an unusually stressful day for many Americans. And, we recognize that unmanaged stress is a serious health and happiness risk.**

Since **exercise has been found to alleviate much of both mental and physical ill effects of distress**, Charities Challenge is continuing this Election Day 5k tradition.

This event is **the first-ever and still the only Election Day run/walk event in America. But, we’d like to see more Americans running on election day and every other day.**

Our goal is to bring us together, **regardless of how we each may happen to vote, and enjoy a brisk 5k walk or run, discovering the common ground beneath all our feet**, common ground that we can always find in any road race.

My hope is that **by running and walking together on Election Day, we may better maintain our special relationships among loving family and friends, especially among those who may vote differently from one another.**

We can run and walk on together regardless of how elections may turn out.

The only partisan aspect to the Election Day 5k is a clever campaign to ask participants to mark their own race shirt ballot questions: 'I Elect to Run' or 'I Elect to Walk'. But, all runners and walkers will learn that regardless of whether we run or walk we’re going on together on the same paths and going the same distance. What a good lesson on Election Day.

The next Election Day 5k will be in two years, on Tuesday, Nov 6, 2018, when **we can Elect to Run or Walk with family and friends again, regardless of political differences.**”

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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