

Thank you for pre-registering for and/or volunteering at the 4th Biennial Election Day – Exercising Liberty 5k at Noon tomorrow at our new 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.

For more event info and race morning schedule go to

http://www.charitieschallenge.org/html/election_day_-_exercising_liberty_5k.html

The forecast during **The Only Election Day Road Race in America!** is for sunny, 48-52 F. 10 mph NNW winds, beautiful racing weather for the Election Day 5k.

We have 53 pre-registered for this year's Election Day 5k.

Tell your family/friends we've kept online registration open 'til Noon today, Monday, Nov 7.

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

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 this special event!**

11:50 AM registration closes, start line area assembles for final pre-race announcements, invitation to recite together our US pledge of allegiance (Note: Election Day 5k is the only road race I've ever witnessed where the pledge of allegiance is part of the event), and playing of National Anthem.

Noon is start time for both the timed/scored 5k and optional 1 & 2 Mile.

I recommend arriving between 10:55 AM and 11:25 AM to allow our volunteers time to check you in as they will also be helping race day registrants.

Find parking on nearby streets and parking ramps.

Restrooms will be open to us in the adjacent MN Veterans Services building.

There will be for every participant **professional timing/scoring on a USATF certified 5k course, commemorative Election Day 5k t-shirt, pocket size Declaration of Independence & US Constitution, Motivating Americana Music, healthful post-race treats, and the CC Race Event Worker (CCREW) volunteers warm welcome and hospitality.**

Results/Records of the Election Day 5k will be posted on site and online soon after the race for everyone to review linked from the CC site where overall and age group records will be kept for years to come.

My edited photos slideshow with music will be online by Wednesday, 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 tomorrow at the State Capitol.

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 on Election Day. They are wonderful athletes, many challenged athletes, who are proud to serve active people like you. (Go CCREW!)

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 Election Day 5k shirt so we can identify one another in the restaurant.

See you tomorrow morning at the MN State Capitol Memorials grounds. Yes, the CC web site includes map and directions, too.

Next up for CC Events...

Saturday, November 12, 9 AM - The 6th Annual Veterans Day - Honoring Military Service 5k at the MN State Capitol

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