

**Thank you for pre-registering and/or volunteering for the 8<sup>th</sup> Annual New Year's Day - Hopeful 5k event in Maple Grove, MN, this Sunday, January 1, starting at 10 AM presented by Charities Challenge. [http://www.charitieschallenge.org/html/new\\_year-s\\_day\\_hopeful\\_5k.html](http://www.charitieschallenge.org/html/new_year-s_day_hopeful_5k.html)**

**Please review the morning's schedule, added values information, and USATF certified course map at the above event web page. Note: This e-welcome also appears at the event page.**

**Get excited while viewing the event photos slideshows with theme music from past years as you anticipate a grand starting and finishing at the warm and welcoming Claddagh Irish Pub & Restaurant.**

**Tell your family & friends that online \$39 pre-registration remains open 'til 10 AM Saturday Dec 31, via the above linked page, or register on site race morning for \$50 (Subtract \$9 for the No Commemorative Shirt Option).**

**The forecast for the morning is for sunny 27 F, 12mph wind, and 40 friendly runners & walkers fearlessly sharing in Miles of Smiles on New Year's Day morning.**

**We CC Race Event Worker (CCREW) volunteers will begin set up the course at 8 AM.**

**10 AM is the start time for both the 5k and 2k Fun Walk.**

**I recommend that participants arrive between 8:50 - 9:20 AM to allow our volunteers time to check you in as they also help many race day late registrants.**

**There will be lots of added values including a classy commemorative New Year's Day 5k shirts, New Year's holiday music, post-race indoor gathering for the best New Year's run event post-race Irish Breakfast and beverages (a \$15 value itself included in race registration for every registered participant), free photography.**

**Free parking is available behind Claddagh as that will not be part of the race course this year. We're using our alternate certified 5k course that does not involve the parking lot.**

**Results/Records will be posted to the internet soon after the 5k and linked to from the CC site where overall and age group records will be kept for years to come.**

### **Special Participation Notes:**

**A.** Because we're on paved pedestrian paths and going 'round Arbor Lake 3 times for the 5k, **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 to safely pass by.

**B.** So the timing/scoring volunteers may do their jobs well, **be sure to display your bib # that you'll receive ONLY on your outer shirt or jacket 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 at check-in** 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.** The small additional tear tag will be collected by the restaurant staff to keep track of participants only for the breakfast. **NOTE: The restaurant will be serving off the menu and from the bar lots of Irish favorites at special reduced prices for all our guests and any participants who may want more beverages or other Irish treats.**

**E.** 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.**

**E.** **Present your bib number mini tear tag to the restaurant staff to get your post-race breakfast and beverage.**

**My edited photos slideshow with New Year's theme songs will be up within a couple days, too.** See photos slideshows with music from CC's road races at the CC Events Photos Galleries and be ready to "be in the picture" this Sunday morning at Arbor Lake.

**You may also want to create a sign that you can wear on your outer garment that displays those things about your life for which you're particularly Hopeful in the coming 2017 New Year. You may choose to show on your shirt/jacket a sign that may read "Hopeful for \_\_\_\_\_" or "Resolved to \_\_\_\_\_", and allow us all to cheer your resolute determination for a better, happier-healthier, faster-fitter you in 2017.**

**I'm Hopeful for the Power of RxExercise to improve each of our lives, reduce disease risks, and even improve the management of chronic diseases like arthritis, cancer, (my own challenges), diabetes, heart disease, brain injury, and depression (another of my own intermittent challenges for which RxExercise really helps, especially when someone dear walks or runs with me along the ways).**

**Sunday morning many will be thankfully and happily walking and running well beyond such significant health challenges.**

**So, I'm also hopeful for each of you, especially so many families and friends, who are coming Sunday to "Share the RxExercise Challenge". You all brighten my memories when I see you enjoying encouraging one another side by side, mile by mile. Thank you! We do inspire one another to stay happily-healthfully active by sharing our steps together.**

**What a great way to start a special day with special people by running/walking a happy, healthful 5k!**

**Please join me in thanking each of the CC Race Event Workers (CCREW) volunteers who will be joining me in delivering a memorable experience to everyone on New Year's morning. They're wonderful athletes, many challenged athletes, who are proud to serve active people like you. (THANKS CCREW!)**

**Also, please welcome and refer to me any of your family/friends who may not be ready to race today but who want to still come to cheer for you and enjoy joining our CC Race Event Workers (CCREW) volunteers, thereby feeling a bigger part of delivering a wonderful experience to all the racers as CCREW. Our CCREW leaders will quickly introduce others to rewarding race event management roles right on the spot. CCREW volunteers each get a commemorative race shirt and "THANKS!" from so many racers.**

See you Sunday morning at the Claddagh where we'll celebrate the Power of RxExercise to improve lives and relationships because we're "Celebrating Hopeful Resolutions".

Please join our CC group on Facebook to learn keep up with RxExercise and CC Events News <https://www.facebook.com/groups/41310607820/>

Happy New Year!

*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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