

**Thank you for pre-registering for the 11<sup>th</sup> Annual Memorial Day - Challenge Hearts & Minds 5k – Celebrating** presented by Charities Challenge.

[http://www.charitieschallenge.org/html/challenge\\_hearts\\_and\\_minds\\_5k.html](http://www.charitieschallenge.org/html/challenge_hearts_and_minds_5k.html)

**Find the course map and our new location at Bunker Hills Regional Park in Andover, address is 550 Bunker Lake Blvd, Andover, MN 55304.** NOTE: This e-welcome is also available to read via a link at the above event page.

**Monday morning's schedule for check-in and race day registration is below and at the above online event page.**

**At the above linked event page you will find more event news and articles about both the History of Memorial Day and RxExercise - Exercise as Medicine - and how exercise grows structurally stronger brains, more marvelous minds, and better memories. Brilliant!**

**Please join Charities Challenge on Facebook, too, to keep up with CC events & RxExercise news**

<https://www.facebook.com/groups/41310607820/>

**We have 30 pre-registered for this Challenge Hearts & Minds 5k and expect more to register on race day. Tell your family & friends that they can save on race day registration (\$45) by pre-registering online through 2 PM today, Sunday. The more the merrier!**

**In addition to the commemorative Challenge Hearts & Minds 5k t-shirt, there will be inspiring music, announcer to give you a motivating shout-out, healthful tasty treats, and complimentary photography.**

**Check out past years' Challenge Hearts & Minds 5k online photos** slideshows with event theme music and imagine being in the picture this year.

Results/Records of the 11<sup>th</sup> Annual Challenge Hearts & Minds 5k along with photos will be posted within a couple days of the event.

**Special Participation Notes:**

**7 AM** - CC Race Event Worker (CCREW) Volunteers begin outdoor course set-up, and indoor registration and post-race party area, with start/finish line near the Bunker Hills Regional Park Activity Center.

**7:30 AM** – 5k shirt and bib # pick up starts, along with Race Day Registration (\$45).

**Shirts go first to all those pre-registered and may be picked up before the race.** We ordered additional shirts for race day registrants, too, but will not begin to distribute those until 8:15 AM, 15 minutes prior the start time of 8:30 AM, in order to assure pre-registered their preferred shirt size.

**8:30 AM is start time for the 5k.**

**I recommend arriving between 7:30 and 8 AM** to allow our volunteers time to check you in as they also help race day registrants.

**Special Participation Notes:**

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

**B.** 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.**

**C. 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 Monday morning.** They are wonderful athletes, many challenged athletes, some of us still volunteering well beyond our advancing Hearts & Minds challenges, too, who are proud to serve active people like you. (Go CCREW!)

**More CCREW volunteers are always needed to help serve all our CC events running and walking guests. Please RSVP with Coach Gary** by e-mail or phone when you're ready to serve. Even when you run or walk a CC event, you're welcome to help before and after your race.

You'll hear lots of thanks and be well rewarded when you serve as part of our CCREW.

**See you Monday morning at Bunker Hills Regional Park Activities Center.** Yes, the CC web site includes map and directions, too.

Again, you're welcome 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/>