



Easter Sunday Rise 'n' Shine 5k

April 16, 2017 - 8:30AM
Arbor Lks Maple Grove, MN

300 Limited Entries - Register Early!



A Charities Challenge
Holiday Run Event

5k Run & Race Walk followed by Claddagh Irish Pub Breakfast & Beer - The Only Easter Sunday 5k in MN!

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 'til Mar 31/ \$40 Apr 1-12 / \$50 race day - Souvenir Easter Sunday – Rise 'n' Shine 5k shirt, a reminder to keep up our daily RxExercise & share that exercise with families & friends, because...

"It's a joy to rise early and walk 'n run with others...because a 5k a day brightens a day".

Easter Sunday is a "Celebration of Life" observed by people around the world. On this holiday, hundreds of runners & walkers will be demonstrating the power of RxExercise to improve lives, especially those who are living actively and well beyond health challenges like arthritis, cancer, diabetes, and heart disease.

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

Learn more about *The Power of RxExercise* to improve the quality of each of our lives and relationships.

(1) Fulfill the RxExercise mission of Charities Challenge by participating (2) Significantly encourage those who will be taking up exercise because of family & friends who are running or walking together (3) Together we're continuing serving others in need of exercise leadership by supporting Charities Challenge RxExercise Mission/Programs/Events.

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

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

2017 Easter Sunday 5k entry fee \$35 'til 3/31; \$40 4/1-12; \$50 Race Day: _____

Easter Sunday - Rise 'n' Shine 5k Shirt Size: XS ___ S ___ M ___ L ___ XL ___ / only for 2XL ___ add \$4 _____

Thank you for any tax-deductible donation \$5, \$15, \$25 or more supporting CC RxExercise Programs \$_____ TOTAL = _____

- Use my added CC donation to help needy others to get a CC Gift of new running/walking shoes & RxExercise Programs.
- Use my added CC donation to support RxExercise Ambassador & "Make a Comeback, Kid!" Challenged Athletes Programs

Name _____ Sex ___ Age ___ Birth Date ___/___/___

Address _____ Phone _____ 5k ___ 1.5 Mile ___

City/State/Zip _____ E-Mail _____

Optional Questions: Yes! This is my first-ever road race event.

I want info @ CC Rx Exercise Training Programs & Events in the Twin Cities so I can stay active all year long.

I want info @ CC Travel-Team-Expenses-Paid "Ambassadorships" to inspiring Great Ambassador Destinations.

Knowingly and at my own risk I do hereby apply to enter an athletic contest. I hereby agree that I release and discharge Charities Challenge, Claddagh Irish Pub Restaurant, the City of Maple Grove, or any agent of any of these organizations or their successors from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of such organizations or corporations, or their agents. The undersigned also grants full permission to the race and any organization conducting the race and or agents authorized by them to use any photographs, videotapes, or other record 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 course during the event any leashed or unleashed animals.

Sign _____ (under age 18, guardian Co-sign _____) Date _____