

**Thank you for pre-registering** for the 12<sup>th</sup> Annual **Challenge Cancer 5k – Celebrating *Active Recovery*** at beautiful Bunker Hills Park this Saturday morning, presented by Charities Challenge  
[http://www.charitieschallenge.org/html/challenge\\_cancer\\_5k.html](http://www.charitieschallenge.org/html/challenge_cancer_5k.html)

**Tell your family & friends** that they're welcome to join us all by cheering you, joining our volunteer CC Race Event Worker (CCREW) volunteers, or even join you in running or walking after registering themselves.

**Online \$34 pre-registration remains open Noon CDT today, Friday, July 22. On site \$45 registration on race morning will also be available.**

**Find the USATF certified 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.

**Saturday 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 race morning schedule, and articles about RxExercise - exercise as medicine, and how exercise is helping so many to live well beyond their cancer challenges.**

**Please join Charities Challenge on Facebook, too, to keep up with CC events & RxExercise news**  
<https://www.facebook.com/groups/41310607820/>

**6 AM** We CC Race Event Worker (CCREW) volunteers begin set up indoor hospitality, and outdoor course and start/finish line.

**7 AM Challenge Cancer 5k shirt and bib # pick up for the pre-registered starts, along with Race Day Registration (\$45).**

**7:45 AM registration closes and the start line area assembles for final pre-race announcements.**

**8 AM is start time for the 5k; and the Kids Challenge 1/3 mile fun run will start about 9:15 AM after all 5k participants have finished their event.**

**I recommend arriving between 7-7:20 AM to allow our volunteers to check you in as they also help race day registrants and then prepare to help with the 8 AM start.**

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

**We have 44 pre-registered for this Challenge Cancer 5k (and expect more late registrants):**

- A. ranging in age from 4 to age 67**
- B. 30% are participating in their first-ever road race**
- C. 45% are returning CC events runners & walkers**
- D. 55% are female**

**Results/Records of the 12<sup>th</sup> Annual Challenge Cancer 5k will be posted to 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 soon following the event, too. See photos slideshows with music from CC Events Photos Galleries at**

**[http://charitieschallenge.org/html/cc\\_event\\_photos.html](http://charitieschallenge.org/html/cc_event_photos.html) and be ready to be in the picture Saturday morning at Bunker Hills Park.**

### **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 Saturday morning.** They are wonderful athletes, many challenged athletes, some of us still volunteering well beyond our health 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 (612-245-9160) 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.

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/>