

Exercising Liberty on the 4th of July

Tuesday, July 4, 2017 - 9th Annual

Free to Run 4 Miles

Celebrating Liberty - 8 AM – Maple Grove, MN



RRCA Minnesota
State 4 Mile Championship



A Unique Charities Challenge
RxExercise Holiday Run Event



Continuing CC's RxExercise Mission/Event Because RxExercise Improves Health, Lives & Liberty to Run
Online Entry, 5k Event Records/Photos & more available at www.CharitiesChallenge.org

4 Mile & 2k Walk 'round Arbor Lake on USATF certified course with family & friends.

Run & Walk followed by Claddagh Irish Pub Breakfast & Beer

Recognition: results by complete USATF Youth, Open, Masters (5-yr age groups)

Early-bird \$30 'til July 31, 2016 – Regular Entry Fee: \$35 'til 6/28; \$40 June 29-July 1 / \$50 race day

Exercising Liberty **souvenir shirt** to remind us to freely enjoy keeping up our daily RxExercise, get and stay strong, and thereby be better able to go on "Celebrating Liberty" every step of our way; holiday music, and a **pocket size Declaration of Independence & US Constitution** to carry throughout the year.

RRCA MN State 4 Mile Championship on USATF certified course - Results by Youth, Open & Masters 5 yr Divisions
Event proceeds benefit Charities Challenge Rx Exercise Events, Programs and Services. CC is a 501(c)(3) organization.
Learn more, at CC web site, about the Power of RxExercise to improve the quality of all our lives & liberty, reduce disease risks, and improve the lives of so many of us challenged by a variety of chronic diseases.

More Info: 612-245-9160 & Online entry available at Active.com via CharitiesChallenge.org

2017 Free to Run 4 Miles Pre-Registered Entry Fee \$35.00 'til June 15; \$40 6/16-7/1; \$50 race day \$ _____

Mail Form to: Charities Challenge

Shirt Size: XS __ S__ M__ L__ XL__ (+ \$3) for size XXL _____

1516 Sunny Way Ct Anoka, MN 55303

Thanks for any tax-deductible donation \$5, \$15, \$25 for RxExercise Programs _____

TOTAL = _____

Name _____ Sex ____ Age ____ Birthday ____/____/____ Run __ Walk__

Address _____ Phone _____

City/State/Zip _____ E-Mail _____

Optional Questions: Yes! This is My First-ever Road Race Event! I've previously raced in CC Events

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.

Signature _____ Date _____

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