

Thank you for pre-registering for the 12th Annual **Challenge Arthritis 5k – Celebrating Strong Steps with Arthritis** at beautiful Bunker Hills Park Saturday morning, presented by Charities Challenge http://www.charitieschallenge.org/html/challenge_arthritis_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 'til 10 AM tomorrow, Friday, Aug 26.

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 actively live well beyond their arthritis challenges.

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

6:45 AM We CC Race Event Worker (CCREW) volunteers begin set up indoor hospitality, and outdoor course and start/finish line.

7:30 AM Challenge Arthritis 5k shirt and bib # pick up for the pre-registered starts, along with Race Day Registration (\$45).

8:15 AM registration closes and the start line area assembles for final pre-race announcements.

8:30 AM is start time for the 5k; and the Kids Challenge .5k fun run will start about 9:30 AM after all 5k participants have finished their event.

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 and then prepare to help with the 8:30 AM start.

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

We will especially be recognizing the Arthritis-Challenged Honored Athletes, participants who will be walking and running well beyond their arthritis challenges.

We have 26 pre-registered for this Challenge Arthritis 5k (and expect more late registrants):

- A. ranging in age from 7 to age 79
- B. 30% are participating in their first-ever road race
- C. 50% are returning CC events runners & walkers
- D. 50% are female
- E. Many are “Celebrating Strong Steps with Arthritis”, living actively and well beyond Arthritis Challenges with the help of their own exercise prescription (RxExercise).

Results/Records of the 12th Annual Challenge Arthritis 5k will be posted to the online event page soon after the event.

My photos slideshow with music will be online by Sunday, too. See photos slideshows with music from CC Events Photos Galleries at 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 with arthritis too, who are proud to serve active people like you. (Go CCREW!)

See you Saturday morning at Bunker Hills Park.

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/>**