

Thank you for pre-registering or volunteering for the 9<sup>th</sup> Annual Valentines - Hearts 'r' Running 5k event in Maple Grove this Sunday, February 12, starting at 10 AM, presented by Charities Challenge.

For more event info including the morning schedule go to the Valentines 5k event page here [http://www.charitieschallenge.org/html/valentines\\_5k.html](http://www.charitieschallenge.org/html/valentines_5k.html)

**Please review the morning's schedule, added values information, and USATF certified course map at the above event web page. Note: This e-welcome also appears at the event page.**

**Get excited while viewing the event photos slideshows with theme music from past years as you anticipate a grand morning around Maple Grove's Arbor Lake, starting and finishing at the warm and welcoming Claddagh Irish Pub & Restaurant.**

"Share the love": Send your own winsome welcome to family/friends to join you on Sunday for CC's Valentines 5k around Arbor Lake.

It's "Active Love" to share a 5k with family/friends around the holidays.

**We have 105 pre-registered for this Valentines 5k "Celebration of Active Loving Hearts". We have athletes of all abilities, ages 8 to 68, lots of loving couples, and many who are also health-challenged athletes. Welcome all!**

We'll begin set up at 8 AM and more Big-Hearted Helpers – CC Race Event Workers (CCREW) - are always welcome to lend a hand in support of all the happy Holiday Run event walkers and runners.

**Pre-registered check-in including shirt and bib number pick-up, and race day registration for \$50 (subtract \$9 for no-commemorative-option) begins at 9 AM.**

**10 AM is the start time for both the 5k and 2k Fun Walk.**

**I recommend that participants arrive between 8:50 - 9:20 AM to allow our volunteers time to check you in as they also help many race day late registrants.**

There will be lots of added values including a **classy commemorative Valentines Day 5k shirts, holiday music and announcer, post-race indoor gathering for the best-in-**

**America Valentines run event post-race Irish Breakfast and beverages (a \$15 value itself included in race registration for every registered participant), free photography.**

**Free parking is available in the Maple Grove Government Center's parking lots across the corner intersection from the Claddagh Irish Pub, and in lots away from the Claddagh's lot where the race starts/finishes. Please do not park behind Claddagh as that is part of the race course.**

**5k Results/Records will be posted and linked to/from the CC site where overall and age group records will be kept for years to come.**

### **Special Participation Notes:**

**A. Because we're on paved pedestrian paths and going 'round Arbor Lake 3 times for the 5k, please remember to walk or run no more than two abreast, always allowing room for those really fast folks who will be coming up from behind to safely pass by.**

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

**C. 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.**

**D. The small additional tear tag will be collected by the restaurant staff to keep track of participants only for the breakfast. NOTE: The restaurant will be serving off the menu and from the bar lots of Irish favorites at special reduced prices for all our guests and any participants who may want more beverages or other Irish treats.**

**E. 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.**

**E. Present your bib number mini tear tag to the restaurant staff to get your post-race breakfast and beverage.**

**My edited photos slideshow with New Year's theme songs will be up within a couple days, too. See photos slideshows with music from CC's road races at the 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" this Friday morning at Arbor Lake.**

**You may also want to create a sign that you can wear on your outer garment, shirt or jacket, that displays the name of that special person in your life about whom you can say "MY HEART IS RUNNING FOR \_\_\_\_\_".**

**"My Heart is Running" for each of you, especially for the many loving families and friends, who are coming Saturday to "Share the Love of Sharing the RxExercise Challenge". We do inspire one another to stay happily-healthfully active by sharing our steps together. Now, that's active love that lasts a lifetime!**

**Please join me in thanking each of the CC Race Event Workers (CCREW) volunteers who will be joining me in delivering a memorable experience to everyone at the Valentines 5k. They're wonderful athletes, many challenged athletes, who are proud to serve active people like you. (Go CCREW!)**

**Also, please welcome and refer to me any of your family/friends who may not be ready to race today but who want to still come to cheer for you and enjoy joining our CC Race Event Workers (CCREW) volunteers, thereby feeling a bigger part of delivering a wonderful experience to all the racers as CCREW. Our CCREW leaders will quickly introduce others to rewarding race event management roles right on the spot. CCREW volunteers each get a commemorative race shirt and "THANKS!" from so many racers.**

**See you Sunday morning at the Claddagh for our "Celebration of Active Loving Hearts" celebrating the Power of RxExercise to improve lives and relationships.**

**Please join our CC group on Facebook to learn and keep up with RxExercise and CC Events News <https://www.facebook.com/groups/41310607820/>**

*Accept The Challenge!*

*Be Fit, Be Better, and Be well,*

Gary Westlund, Charities RxExercise Challenge Founder & President

Certified ACSM Health Fitness Specialist & USATF Level II Coach

"Raising RxExercise Action Above Awareness"

*Charities Challenge Mission: To Improve Health/Fitness, Reduce Health Risks, and Enhance Disease Management via Goal-oriented RxExercise Training Programs, Engaging Events & Active Community Partnerships...*

Because there is NO CURE for all the ills associated with lack of exercise...except RxExercise!

CC is a 501(c)(3) non-profit organization

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