

Thank you for pre-registering and/or volunteering for Monday's 12th Annual **Memorial Day - Challenge Hearts & Minds 5k – Celebrating** presented by Charities Challenge at our new welcoming location for this event **in Maple Grove. Find the course map and our new location at**

http://www.charitieschallenge.org/html/challenge_hearts_and_minds_5k.html

NOTE: This e-welcome is also available to read via a link at the above event page.

Monday morning's schedule for check-in and race day registration is below and at the online event page.

Tell your family/friends to join us

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At the above linked event page you will find more event news and articles about the History of Memorial Day and RxExercise - Exercise as Medicine - and how exercise grows structurally stronger brains, more marvelous minds, and better memories. Brilliant!

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

We have 25 pre-registered for this Challenge Hearts & Minds 5k and expect more to pre-register and register on race day. Tell your family & friends that they can save on race day registration (\$50) by pre-registering online through Saturday. The more the merrier!

Check out past years' Challenge Hearts & Minds 5k online photos slideshows with event theme music and imagine being in the picture this year.

Results/Records of the 12th Annual Challenge Hearts & Minds 5k along with photos will be posted online soon after event.

Special Participation Notes:

6:30 AM - CC Race Event Worker (CCREW) Volunteers begin outdoor course set-up, and indoor registration.

7:30 AM - 5k shirt and bib # pick up starts, along with Race Day Registration (\$50; \$45 no-commemorative shirt option; \$40 no shirt & no Irish breakfast option).

Shirts go first to all those pre-registered and may be picked up before the race. We ordered additional shirts for race day registrants, too, but will not begin to distribute those until 8:15 AM, 15 minutes prior the start time of 8:30 AM, in order to assure pre-registered their preferred shirt size.

8:30 AM is start time for the 5k.

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.

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 Monday morning. They are wonderful athletes, many challenged athletes, some of us still

volunteering well beyond our advancing Hearts & Minds 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 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.

See you Monday morning at the Claddagh in Maple Grove.

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/>

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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