

**Thank you for pre-registering** and/or volunteering for Sunday's 11<sup>th</sup> Annual **Fathers Day 5k**, presented by Charities Challenge , 8:30 AM start time in Maple Grove. Find the course map and our new location at [http://www.charitieschallenge.org/html/fathers\\_day\\_5k.html](http://www.charitieschallenge.org/html/fathers_day_5k.html)

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

**Sunday 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 with, "GO DADS, GRANDDADS!", and everyone who wants to encourage all these guys to go the distance.

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

**27 are pre-registered.** Many are returning to begin this Sunday's holiday with a CC Holiday Run, because "Exercise is Medicine" improves lives and even relationships, especially when that exercise is shared with loving family and friends. **What a great way to start a special day with special people by running/walking a 5k!**

**6:30 AM Sunday morning CC Race Event Worker (CCREW) volunteers will begin set up of the course and registration area indoors at the Claddagh Irish Pub & Restaurant.**

**7:30 AM – Father's Day 5k shirt and bib # pick up starts along with Race Day Registration.** (Map and directions are available via our CC web site.) Shirts are guaranteed to all those pre-registered and may be picked up before the race. We ordered additional shirts for race day registrants, too, but will distribute those starting at 8:45 AM.

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

**I recommend arriving between 7:30 and 8 AM** to find nearby street and parking lots, and then allow our volunteers time to check you in as they also help race day registrants. **Please do not park in the lot behind the Claddagh as that is part of our race course. We recommend using the Maple Grove Government Center's big parking lot kiddy-corner from the Claddagh.**

There will be lots of added values including a colorful commemorative Father's Day 5k t-shirts, happy holiday music and announcer, post-race indoor gathering for post-race Irish Breakfast and beverages (a \$15 value included in race registration for those not opting out of the breakfast), free photography.

**Results/Records will be** posted to the online CC event page 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 shirt/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 beverages.**

**Please join me in thanking each of the CC Race Event Workers (CCREW) volunteers who will be joining together in delivering another memorable experience to everyone on Sunday morning.** They are wonderful athletes, many challenged athletes, who are proud to serve active people like you. (Go CCREW!)

**My edited photos slideshow with music show will also be linked from the Father's Day 5k web page within a few days of the event.**

Race results will be posted to the event page soon after the race for everyone to review. **So, come Sunday morning to set your personal Father's Day 5k record,** knowing that we'll be keeping overall and age group records for years to come.

**Sunday you may also want to create a personally meaningful sign that you can wear on your shirt or jacket back that displays your personal "Celebrating My *Active* Dad \_\_\_\_\_" or "Remembering My Dad \_\_\_\_\_" or similarly honoring message to Dads.**

We do inspire one another to stay happily-healthfully active by sharing our steps together, especially so on or around the Holidays.

**There's no more special a walk or run experience than when it's shared with our children. Ask any parent!** And, there's great motivation in running/walking in the company, or in memories, of inspiring parents.

**Be especially inspired for your Fathers Day 5k by reading about** the vital importance of supporting the irreplaceable gift of RxExercise to Dads in the "**Top 10 Reasons to Walk 'n' Run with Dads on Fathers Day**", and how we're going to be actively honoring all the Dads and GrandDads on Sunday.

**[http://www.charitieschallenge.org/Top 10 Reasons to Walk or Run with Dads on Fathers Day 6.17.13.pdf](http://www.charitieschallenge.org/Top_10_Reasons_to_Walk_or_Run_with_Dads_on_Fathers_Day_6.17.13.pdf)**

Whenever someone may ask you why you run or walk, and why you encourage all Dads in their regular exercise, you're welcome to refer them to the above article which is always linked at the bottom of our Fathers Day 5k event page.

**Let's keep actively encouraging and supporting Dads' regular RxExercise throughout the year. Go Dads!**

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 on Sunday morning.** They are wonderful athletes, many challenged athletes, who are proud to serve active people like you. (Go CCREW!)

**See you sunny Sunday morning in Maple Grove at the Claddagh!**

*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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