

Thank you for pre-registering and/or volunteering for Saturday's 10th Annual Lederhosenlauf 5k - Promoting Intercultural Understanding through Sport...und Bier, a Charities Challenge *Active* Community Partner Event kicking off the 59th Annual Germanic-American Institute's (GAI) Annual Deutsche Tage (German Days) Celebration.

Get ready to run, walk, volunteer and party Saturday morning!

The forecast is for a beautiful running morning!

We're extending pre-registration until 1 PM Friday June 9 via http://www.charitieschallenge.org/html/lederhosenlauf_5k.html so please invite your family & friends to join you by pre-registering now!

Need a little video or photo-slideshow-with-music inspiration to encourage others to join you at this Saturday's wunderbar event? **Send family/friends to the above web page with emphasis on opening prior years' brilliant videos and/or the slideshows with music.** Plan on adding your smiles to miles we'll photo record this Saturday.

8:10 AM is the start time for both the 5k and 1 Mile Fitness Walk.

6 AM - CC Race Event Worker (CCREW) volunteers will begin course and registration set up.

6:50 AM - Pre-registered Check in & Race Day (\$50 or \$45 with no commemorative shirt option) inside GAI German Days Tent

7:55 AM - Race Day Registration Closes

8 AM - Start line assembles for announcements

8:10 – Start!

@ 9:20 AM - Kids Fun Run

9:45 – Race Recognition & German Costumes Awards

10 - CCREW volunteers begin clean-up & German party continues

11 – GAI's live music & dancing under the tent begins

The USATF certified course map, past race results, photos and more info about the event and the Power of RxExercise (exercise as medicine), and a link to the Germanic American Institute's web site where you can learn more about the GAI's programs, are available at the above web page link.

159 are pre-registered, and more are pre-registering through 1 PM Friday, and more on race morning. Everyone will be in for the German breakfast und bier!

Come early to allow yourself time to find area street parking off of the race course itself, especially off of Farrington Ave where the start/finish is located. **Please do not park on Farrington Ave!**

There will be a **commemorative 5k t-shirt, German breakfast und bier, and other beverages served, motivating German language music, and announcers to give you a motivating shout-out as well as race instructions, and fabulous photography** that will be posted to the event page.

For timing/scoring volunteers to do their jobs well, **be sure to display your bib # that you'll receive ONLY on your shirt torso front** (this is a USATF road racing rule).

NOTE: to those listening to personal music devices while running/walking: For everyone's safety and to be able to hear instructions and warnings, especially since this is an on-street road race with the possibility of bus traffic, be certain to remove any ear bud devices from your ears...

- 1. Before the start to give full attention to announcements**
- 2. Whenever you go by police and course marshals, and**
- 3. Especially as you come to the finish line** where finish line volunteers will be helping you finish safely and in order for accurate scoring of the 5k. **You'll have more fun when you hear your name announced and being cheered by so many family & friends at the finish.**

Please also refer anyone you know who would like to help as a race day volunteer and thereby receive all the race day amenities that racers receive including a really cool race shirt & treats. CC Race Event Worker (CCREW) volunteers have fun, too!

We always need more course marshals, so recommend to your guests that they will feel more part of the event by volunteering for course marshal fun duties. Our experienced volunteers will quickly, easily instruct new course marshals during registration and check-in.

You're also welcome to join our Charities Challenge on Facebook group page where you'll see more RxExercise news and photos about the Lederhosenlauf 5k
<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

1516 Sunny Way Ct

Anoka, MN 55303

612-245-9160 <http://charitieschallenge.org/>