

Thank you for pre-registering and/or volunteering for Tuesday's 9th Annual Free to Run 4 Miles on the 4th of July, presented by Charities Challenge in Maple Grove; start time is 8 AM. Find the course map and our new location at [http://www.charitieschallenge.org/html/free to run 4 miles.html](http://www.charitieschallenge.org/html/free_to_run_4_miles.html)

At the above linked web page you will find the morning's schedule, maps, directions and more good info.

NOTE: We're going to run our 4 mile USATF certified course reversing start/finish line, so that we'll be starting on the 4 mile mark on the Arbor Lake pathway just 200 meters from our staging area inside the Claddagh Irish Pub, running Arbor Lake clockwise three times, and then finishing right behind the Claddagh's back door in the parking lot.

Tell your family & friends that they're welcome to join you on and **save on the entry fee by pre-registering online until 4 PM CDT today, July 3.** Or, they're welcome to register on site Tuesday morning. 27 are pre-registered and more are expected by race time.

This CC Holiday Run event is again the (Road Runners Club of America) RRCA MN State 4 Mile Championship for the seventh time.

Eight RRCA MN State 4 Mile Championship big medallion awards will go to men and women in four divisions:

Open Division Winners (under age 40)

Masters Winners (ages 40-49)

Grand Masters Winners (ages 50-59)

Senior Masters Winners (60 and up)

The forecast for the morning during the time of our event is for cloudy, 68-70 F, moderate 8-9 mph breeze, and Miles o' Smiles.

We CC Race Event Worker (CCREW) volunteers will begin set up of the course at 6 AM, and check-in for those pre-registered, and race day registration, opens at 7 AM.

I recommend that race participants arrive between 6:55 – 7:25 AM to allow our volunteers to check you in since they are also helping many race day late registrants.

Free to Run 4 Miles **shirt and bib # pick up for the pre-registered, along with Race Day Registration (\$50/\$43 without event shirt/\$37 without shirt and no Irish Breakfast)**

Participants who didn't take the optional no-shirt/no-breakfast lower registration fee and CC race event worker (CCREW) volunteers will enjoy receiving:

1. A colorful commemorative "Celebrating Liberty" shirt
2. 4th of July holiday motivational music & announcer to give you a motivating shout-out
3. Free photographic record with fabulous post-event online slideshow displaying "Miles o' Smiles" on the 4th of July
4. A pocket size Declaration of Independence and the US Constitution. (The only known 4th of July road race in America giving away these classic USA founding documents.)

The event theme, "Celebrating Liberty", emphasizes the freeing values to each of us "Exercising Freedom" as we enjoy the Power of Exercise as a powerful prescription (RxExercise) to improve lives.

RxExercise is proven, irreplaceable "medicine" in improving quality of lives, especially lives challenged by a variety of chronic diseases like arthritis, cancer, depression, diabetes, and heart disease.

6 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 AM – 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 7:45 AM.

8 AM is start time for the 4 Mile.

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 **colorful commemorative t-shirts, happy holiday music and announcer, post-race indoor gathering for post-race Irish Breakfast and beverages (a \$20 value included in race registration for every registered participant), free photography.**

Note: Following the race and post-race breakfast, stay around or come back to the Claddagh Irish Pub for their special BOGO (Buy One Get One Free) offer on their fabulous Fish 'n' Chips menu item all day on Monday.

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 4 times for the 4 Mile, 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 4 Mile.

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!)

Monday would be a great day to also join a 2017-2018 RxExercise Ambassador Traveling Team that will travel Team-expenses paid to Great Ambassador Destinations, including the Dublin, Ireland Rock 'n' Roll ½ Marathon August 2018 or The Kauai Marathon & ½ Marathon next September. Go to http://www.charitieschallenge.org/html/train_n_travel.html to learn more.

My edited photos slideshow with music show will also be linked from the event 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 Tuesday morning to set your personal Free to Run 4 Miles record**, knowing that we'll be keeping overall and age group records for years to come.

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

Please welcome and refer to me any of your family/friends who may not be ready to race 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 volunteers. Our CCREW leaders will quickly introduce others to rewarding race event management roles.

See you Tuesday 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

1516 Sunny Way Ct

Anoka, MN 55303

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