

6th Annual

Challenge Happiness 5k RUN & WALK



Saturday, Aug 12
8 AM Start
**Bunker Hills Regional
Park, Andover, MN**
**Actively Pursuing
Happiness**

Online Entry, Event Records/Photos & more available at www.CharitiesChallenge.org

5K Run & Walk or 1K Walk - ENTRY FEE: \$30 pre-registered by July 31; \$35 8/1-10; \$45 race day

Subtract \$5 from entry fee for no commemorative event shirt option

9:15 AM - Kids Challenge ½K Fun Runs - ENTRY FEE: \$12 pre-registered by 7/31; \$15 8/1-10/\$20 race day

5k on USATF certified course in beautiful Bunker Hills Regional Park; Start/Finish @ Activities Center & for the first time simultaneously running with the 7th Annual Challenge Addiction 5k

Recognition: Complete 5k results by USATF Youth, Open, Masters (5-year age groups > age 40-80+)

Added values: Happy, colorful commemorative race shirt, CC hospitality, announcer, photos slideshow, motivational music & healthful tasty treats for all event participants.

Defeat Depression with RxExercise. RxExercise is effective in improving mild-to-moderate depression challenges!

Consult a physician for medical advice regarding depression, including when you choose to add/increase exercise, and especially if you choose to eliminate exercise from your life. **This is one of CC's 2017 Life Challenge Series of 8x 5k Events highlighting RxExercise relative to life health challenges. Learn more about the entire 8x 5k Series & more about "RxExercise & Happiness" at www.CharitiesChallenge.org / 612-245-9160.**

Net event proceeds benefit Charities Challenge, a 501(c)(3) organization, Rx Exercise Events, Programs and Services.

Return this Registration to: Charities Challenge, 1516 Sunny Way Ct, Anoka, MN 55303

2017 Challenge Happiness 5k pre-registered early entry fee \$30 'til 7/31; \$35 8/1-10 / \$45 Race Day: _____

Kids Fun 1/3 Mile - \$12 pre-registered early / \$15 Aug 1-10 / \$20 race day (includes shirt; kids run free w/o shirt) _____

Included Commemorative T-shirt XS __ S __ M __ L __ XL __ Only for sizes: 2XL __ (Add \$4) 3XL __ (Add \$5) _____

Subtract \$5 for no commemorative event shirt option _____

Thank you for any tax-deductible donation \$5, \$15, \$25 or more supporting CC RxExercise Programs \$ _____ TOTAL = \$ _____

Use my added CC donation to help needy others to get a CC Gift of new running/walking shoes & RxExercise Programs

Use my added CC donation to support RxExercise Ambassador & "Make a Comeback, Kid!" Challenged Athletes Programs

Name _____ Sex ___ Age ___ Birthday ___/___/___

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Optional Registration Questions:

Yes! This is My First-ever Run/Walk Race Event! I've previously raced in CC Events - Estimated # _____

YES, I'm Happy to Report that I've Improved My Depression Management with My RxExercise!

I want info @ CC Rx Exercise Training Programs & Events in the Twin Cities so I can stay active all year long.

I want info @ CC Programs like CC Travel-Team-Expenses-Paid "Ambassadorships" to inspiring destinations.

Knowingly and at my own risk I do hereby apply to enter an athletic contest. I hereby agree that I release and discharge Charities Challenge, Anoka County Parks, or any agent of any of these organizations or their successors from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of such organizations or corporations, or their agents. The undersigned also grants full permission to the race and any organization conducting the race and or agents authorized by them to use any photographs, videotapes, or other record of this event for any purpose. I agree to abide by road race etiquette and safety rules for safe racing by not bringing onto the course during the races any leashed or unleashed pets/animals.

Signature _____ Co-sign _____ Date _____ (< age 18, guardian sign)