

A Charities Challenge
RxExercise Event



300 Limited Entries
Pre-register Early!

3rd Annual
Half-Way-to
St Patrick's
Irish Traditions 5K
Celebrating *Active*
Friendship-Love-Loyalty
Arbor Lakes Area
Maple Grove, MN

Saturday, Sept 30,
2017 - 9AM Start



5k Run & Race Walk followed by
fabulous full Claddagh Irish Pub
Breakfast & Beer & Hospitality

Continuing CC's RxExercise Mission/Programs/Events, 'Cause...RxExercise Improves Lives, Health & Hearts Today!

Timed 5k run and race walked on USATF certified 5k course with loving family & friends.

Complimentary Claddagh Irish Pub post-race Breakfast, Beer, hot and cold light beverages, Irish Music, cheerful volunteers, announcer, classy colorful shirt, Irish attire, colors & costumes welcome, fabulous online post-event photographic slideshow, Liveality photos memory books, free & convenient parking, indoor restrooms.

Entry Fee: \$37 pre-registered/\$40 Sept 16-27/ \$50 race day - St Pat's Irish Traditions 5K shirt is a reminder to

Share the Irish Claddagh Traditions of "Friendship/Love/Loyalty" and sharing RxExercise *active* love.

Demonstrate your *active* friendship-love-loyalty! 300 Limited Entries – Pre-register Early!

Half way to St Patrick's Day, an Irish-International Holiday, runners & walkers will be demonstrating the power of RxExercise to improve lives and loving-loyal relationships, especially the many who are living well beyond health challenges like arthritis, cancer, diabetes, depression & heart disease with RxExercise shared with loved ones.

More Information & Online entry via CharitiesChallenge.org or 612-245-9160

Proceeds benefit CC's Rx Exercise Events, Programs and Services. CC is a 501(c)(3) organization.



Send this completed form to: Charities Challenge, 1516 Sunny Way Ct, Anoka, MN 55303

2017 Half Way to St Patrick's Irish Traditions 5k entry fee \$37 / \$40 Sep 16-27 / \$50 race day: _____

Shirt Size: XS __ S __ M __ L __ XL __ only for 2XL add \$4 _____

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

Name _____ Sex ____ Age ____ Birthday ____/____/____ 5k __ 1.5 Mile __

Address _____ Phone _____ Run __ RaceWalk __ Walk __

City/State/Zip _____ E-Mail _____

Optional Registration Questions: Yes! This is My First-ever Road Race Event! I've Run Other CC Events!

I want info @ CC Travel-Expenses-Paid Ambassadorships to inspiring Ambassador Destinations like Dublin, Ire!

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, Claddagh Irish Pub, the City of Maple Grove, Ryan Co. 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 event any leashed or unleashed animals.

Signature _____ Date _____

Co-sign _____ Date _____ (for participants under age 18, guardian sign)