

Thank you for pre-registering and/or volunteering for the combined and simultaneous 7th Annual Challenge Addiction 5k – Celebrating *Active Recovery* and 6th Annual Challenge Happiness 5k in the beautifully forested Bunker Hills Park in Andover, MN this Saturday morning, Aug 12, starting at 8 AM, presented by Charities Challenge

http://www.charitieschallenge.org/html/challenge_addiction_5k.html

and

http://www.charitieschallenge.org/html/challenge_happiness_5k.html

SPECIAL NOTE: Due to road construction on Bunker Lake Blvd west of the only access to the Bunker Hills Activity Center, our staging area and the start/finish line, access is only from the east on Bunker Lake Blvd. Come in to the Activity center from Hwy 65 on Bunker Lake Blvd.

At the above event web pages you will find the morning's schedule, maps, directions and more good info about RxExercise - Exercise as Medicine. Brilliant!

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

We have 24 total pre-registered participants (16 for Challenge Addiction 5k and 8 for Challenge Happiness 5k).

- A. ranging in age from 21 to 60
- B. 29% are participating in their first-ever road race
- C. 54% are returning CC events runners & walkers
- D. 70% are female
- E. Several are “Celebrating *Active Recovery*” beyond Addiction Challenges with the help of their own exercise prescription (RxExercise). And, many of us know we’re happier because of our running and race walking, especially when we go together. Brilliant!

More are expected to register by race start. The more the merrier!

So, we’re keeping online pre-registration open ‘till Midnight Thursday, August 10. Tell your family & friends that they’re welcome to join you by registering online for \$34 or on site race morning for \$45 (discounts available for those choosing not to receive a commemorative shirt).

We CC Race Event Worker (CCREW) volunteers will begin set up at 6:30 AM.

I recommend arriving between 7:15 - 7:30 AM to allow our volunteer registrars time to check you in as they also help race day registrants to get signed up to race.

You'll enjoy receiving lots of CC unique added event values:

- 1. Timing** for complete USATF divisions scoring on certified 5k course.
- 2. Fabulous free photography, online slideshow.**
- 3. Challenge Addiction 5k or Challenge Happiness 5k souvenir t-shirt**
- 4. The cheerful welcome and expert support** of CC Race Event Workers (CCREW) volunteers.
- 5. The inspiration of running and walking with some truly remarkable "Challenged Honored Athletes"** demonstrating The Power of RxExercise to improve lives of those challenged by addiction and/or depression.
- 6. Summertime motivational music and recognition.**
- 7. Healthful, tasty post-race treats.**
- 8. Real-time Running & Walking RxExercise Celebrations** by many of us who use RxExercise – Exercise as Medicine - to meet well our health challenges. **We'll be cheering lots of happy racers many of whom are living well beyond their addiction and/or depression challenges because of their RxExercise. Brilliant!**

Race Results/Records will be posted at each event web page.

My photos will be online soon following the event, too. See photos slideshows with music from CC Events Photos Galleries at http://charitieschallenge.org/html/cc_event_photos.html and be ready to be in the picture Saturday morning at Bunker Hills Park.

Special Participation Notes:

A. So the timing/scoring volunteers may do their jobs well, be sure to display your bib # that you'll receive ONLY on your torso/shirt front. (This is a USATF road racing rule for all sanctioned events.)

B. 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.**

C. 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.

Because we each pursue happiness with people we love and toward a variety of happy goals, you may also want to create a sign that you can wear on your outer garment, shirt or jacket at the event, that displays your personal "Actively Pursuing Happiness" message, perhaps something like "I'm Pursuing Happiness for (or with) _____"; or "Celebrating Long-term Recover Since _____" or "_____ Years Enjoying Long-term Recovery".

We do inspire one another to stay happily-healthfully active by sharing our steps together, especially at CC events.

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 Sunday morning. They are wonderful athletes, many challenged athletes, some of us still volunteering well beyond our health challenges, too, who are proud to serve active people like you. (Go CCREW!)

See you Saturday morning in the park.

Again, you're welcome to forward this e-mail to those you're inviting to join you, and even add your invitation to others via your Facebook page when you add Charities Challenge to your Facebook links <https://www.facebook.com/groups/41310607820/>

Accept The Challenge!

Be Fit, Be Better, and Be well,

Gary Westlund, CHARITIES 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/>