

Sunday, September 17, 2017 - 4th Annual

US Constitution Day

We the People 5k

8 AM Start Time

**MN State Capitol District
Memorials Grounds Course**

St Paul, MN

Start/Finish at

Peace Officers Memorial

Americana Heritage Series Event

Presented by Charities Challenge



**230th Anniversary Celebration of
Adoption of the US Constitution**

**Celebrating Constitutional
Fitness for Pursuing
Life-Liberty-Happiness**



Exercising liberty 'cause the fit & strong best defend life, liberty, happiness & the US Constitution

USATF certified course - Results by Youth, Open & Masters 5 year Divisions & as with all CC events, race results are submitted to MN Runner of the Year for MNROY Records points

300 Limited Pre-registrations – Pre-register Early!

Entry Fee: \$30 pre-registered by 8/31; \$33 9/1- 9/13. Subtract \$5 for “No Souvenir Shirt” option.

US Constitution Day 5k souvenir shirt to remind us to keep up our daily RxExercise, get & stay strong, and thereby be better able to go on “Celebrating Life-Liberty-Happiness” every step of our way; special Americana music, refreshments, and a pocket size Declaration of Independence & US Constitution to carry throughout the year.



Learn more, at CC web site, about the Power of RxExercise to improve the quality of all our lives & liberty, reduce disease risks, and improve the lives of so many of us challenged by a variety of chronic diseases.

NOTE: Rudyard Kipling observed how, “Nations have passed away and left no traces...history gives the naked cause of it; one single, simple reason in all cases: They fell because their people were not fit.”

Event proceeds support CC’s Americana Heritage Series Events & RxExercise Programs CC is a 501(c)(3) organization.

More Info: 612-245-9160 & Online entry available at Active.com via CharitiesChallenge.org

**Mail Form to:
Charities Challenge
1516 Sunny Way Ct
Anoka, MN 55303**

2017 US Constitution Day 5k Entry Fee \$30 'til 8/31; \$33 9/1-13; No Race Day Entry \$ _____

Shirt Size: XS __ S__ M__ L__ XL__ Only for size XXL add \$4 _____

Subtract \$5 for “No Commemorative Shirt” option _____

Thanks for a tax-deductible donation \$5, \$15, \$25 for CC’s RxExercise Programs _____

TOTAL = _____

Name _____ Sex ____ Age ____ Birthday ____/____/____ Run __ Walk __

Address _____ Phone _____

City/State/Zip _____ E-Mail _____

Optional Registration Questions: Yes! This is My First-ever Road Race Event!

I want info @ CC Travel-Team-Expenses-Paid “Ambassadorships” to inspiring Great Ambassador 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, the State of Minnesota, the City of St Paul, 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 _____ Co-sign _____ Date _____ (< age 18, guardian sign)