

# ThanksGiving Day GivingThanks 5k

& Mile Family & Friends Fun Fitness Walk



11th Annual Active

“Attitude of Gratitude” Celebration

8:30 AM Thursday, Nov 23  
Maple Grove, MN

A Charities Challenge RxExercise Holiday Run Event



Continuing CC's RxExercise Mission/Programs/Events

300 Limited Pre-registration Entries

Includes Claddagh Irish Pub & Restaurant  
Handy Breakfast - Pre-Register Early!

Families 'n' Friends Holiday Tradition *Actively* Celebrating Gratitude - Holiday costumes welcome.

**8:30 AM Start** Run or walk around Arbor Lake on a USATF certified 5k course with family & friends.

Shirt Pick-up & Race Day Registration @ Claddagh Irish Pub & Restaurant start/finish. **For what are you especially**

**“GivingThanks”? Choose to show on your shirt/jacket a sign “GivingThanks for \_\_\_\_”.**

Entry Fee: \$37 pre-registered thru 11/15; \$40 11/ 16-20 /\$50 on site – See reduced entry fee options below

“ThanksGiving Day 5k” shirt reminds us to keep a healthful “Attitude of Gratitude” throughout life.

You're invited to donate more than your event registration fee in support of CC RxExercise programs & events. Net event proceeds benefit Charities Challenge RxExercise Events, Programs and Services. CC is a 501(c)(3) organization.

**Info: 612-245-9160; Online registration available via CharitiesChallenge.org**

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

**2017 ThanksGiving Day 5k Early Entry fee \$37 thru 11/15; \$40 11/16-20; \$50 race day: \$ \_\_\_\_\_**

Shirt Size: XS \_\_ S \_\_ M \_\_ L \_\_ XL \_\_ Only for: 2X \_\_ add \$4 or for 3X \_\_ add \$5 \_\_\_\_\_

Subtract \$5 for No Commemorative Shirt Option \_\_\_\_\_

And/Or Subtract \$5 for No Handy Irish Breakfast Option \_\_\_\_\_

Add Optional Commemorative Items in above size: \$35 Hoody Sweatshirt \_\_; \$25 Crewneck Sweatshirt \_\_ + \_\_\_\_\_

*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 \_\_ Birth Date \_\_/\_\_/\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_ Run \_\_ Walk \_\_

City/State/Zip \_\_\_\_\_ E-Mail \_\_\_\_\_

Optional Questions:  Yes! This is My First-ever Road Running/Walking Event!

- 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 Travel-Team-Expenses-Paid “Ambassadorships” to inspiring Great Ambassador Destination events in Florida, Hawaii, Dublin, & beyond. Let us send you on an inspiring RxExercise Ambassadorship!

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 Restaurant, Ryan Co, the City of Maple Grove, 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 animals.

Signature \_\_\_\_\_ Co-sign \_\_\_\_\_ (under age 18, guardian sign)