

Saturday, November 11 - 7<sup>th</sup> Annual

# Veterans Day USA

## Honoring Military Service 5k & Optional Mile or 2 Miles

Americana Heritage Series Event  
Presented by Charities Challenge



### 9 AM Start Time

MN State Capitol District  
Memorials Grounds Course

### St Paul, MN

Start/Finish 12<sup>th</sup> & Cedar at  
Peace Officers Memorial

USATF certified course - Results by Youth, Open & Masters 5 yr Divisions + MNROY Records points

### Honoring Military Service & Celebrating the World's # 1 Military Services

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

Continuing CC's RxExercise Mission/Event Because RxExercise Improves Health, Lives & Liberty to Run

Entry Fee: \$33 'til Oct 31; \$38 'til 11/1-8; Subtract \$5 for "No Event Shirt" option / No Race Day Registration

Vets Day 5k souvenir shirt, Americana music, refreshments & cheers, online photography show, 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 via [CharitiesChallenge.org](http://CharitiesChallenge.org)**

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

2017 Veterans Day 5k Pre-Registered Entry Fee \$33 'til Oct 31; \$38 Nov 1-8 \$ \_\_\_\_

Shirt Size: XS \_\_ S\_\_ M\_\_ L\_\_ XL\_\_ 2X \_\_ (for size XXL only + \$4) \_\_\_\_

Subtract \$5 for "No Commemorative Shirt" option \_\_\_\_

Thanks for any tax-deductible donation \$5, \$15, \$25 for RxExercise Programs + \_\_\_\_

Thanks for any tax-deductible donation \$5, \$15, \$25 for TEAM Red White Blue + \_\_\_\_

TOTAL = \_\_\_\_

Name \_\_\_\_\_ Sex \_\_ Age \_\_ Birthday \_\_/\_\_/\_\_ 5k \_\_ Mile \_\_ 2 Mile \_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

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

**Optional Registration Questions:**  Active Military Service  Retired  Former Service

Air Force  Army  Coast Guard  Marines  Navy  National Guard \_\_\_\_ Years of Service

Yes! This is My First-ever Road Race Event!  I've previously raced in CC Events - Estimated # \_\_\_\_

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, State of MN, 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 races any leashed or unleashed pets/animals.

Signature \_\_\_\_\_ Co-sign \_\_\_\_\_ (<18, guardian sign) Date \_\_\_\_\_