

The Biggest 2017 Christmas Day 5k in the USA - 12th Annual

# Christmas Day - Joyful 5k

& 2k Family & Friends Fun Walk



**Brighter, Lighter Days**

**& Miles of Smiles Come with**

**Sharing Our RxExercise Every Day**

**A Charities Challenge Holiday Event**

**Continuing CC's RxExercise Mission/Programs/Events  
Focused on Better Lives & Relationships via RxExercise**

**10 AM Start** - Run or Walk 'round **Arbor Lake in Maple Grove, MN**, on USATF certified 5k course.

**9 AM Check-in** @ at start/finish in back of Claddagh Irish Pub. See web site @ early check-in option Dec 24 @ Claddagh

**Entry Fee:** \$37 pre-registered thru 12/15; \$40 12/16-22; \$45 – Subtract \$5 for No Souvenir shirt option.

**"Christmas Day - Joyful 5k" Shirt** reminds us to keep up our "Miracle Miles" & sharing those miles with others as we go on "Celebrating Joy" throughout the coming year. **Brighten any day with a 5k!**

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

**Info: 612-245-9160; Online registration available via [CharitiesChallenge.org](http://CharitiesChallenge.org)**

At CC's web site learn more about *The Power of RxExercise* to improve the quality of each of our lives and relationships, reduce health risks, and improve the lives of many of us challenged by chronic diseases.

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

**2017 Christmas Day 5k Pre-registration fee \$37 'til Dec 15; \$40 'til 12/22; \$45 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 \_\_\_\_

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 \_\_\_\_ Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_ 5k \_\_\_\_ 2k \_\_\_\_

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

**Optional Questions:**  Yes! This is My First-ever Road Running Event!  I've been 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, Claddagh Irish Pub Restaurant, Ryan Co. and 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 \_\_\_\_\_ Date \_\_\_\_\_ **THANK YOU!**

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