



**Sunday, February 11 - 10 AM**  
**Arbor Lake, Maple Grove, MN**  
 10<sup>th</sup> Annual

# Valentines Hearts 'r' Running 5k



**Irish Breakfast Option**  
**Limited Entries -**  
**Pre-Register Early!**  
 A Charities Challenge  
 RxExercise Holiday Run Event

**Continuing CC's RxExercise Mission/Programs/Events**

## Holiday Tradition *Actively* Celebrating Active Loving Hearts

5k & 2k Walk 'round Arbor Lake on USATF certified 5k course with loving family & friends. Start/finish, check-in & race day registration inside Claddagh Irish Pub. Free, convenient parking.

**Recognition:** results by complete USATF Youth, Open, Masters (5-yr age groups)

Race day check-in, registration & post-race party inside warm, welcoming Claddagh Irish Pub/Restaurant  
**Includes optional Irish Breakfast & Beer! - Limited Entries - Register Early!**

Entry Fee: \$37 pre-registered by 1/31; \$40 2/1-8 /\$50 race day – optional discounts below

**Walk 'n Run with active-loving others - a 5k a day brightens a day & improves relationships!**  
**Demonstrate your active-love!** If you're an active runner/walker you can significantly encourage those you love who will be take up exercise because you are walking with them for Valentines.

St. Valentine's Day has become a "celebration of love". **Runners & walkers will be demonstrating the power of RxExercise to improve lives and loving relationships**, especially the many who are living well beyond health challenges like arthritis, cancer, diabetes & heart disease with RxExercise.

**Perhaps display a sign on your back proclaiming, "My Heart Is Running for \_\_\_\_\_".**

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

Learn more about *The Power of RxExercise* to improve the quality of lives & relationships.

Net event proceeds benefit CC's RxExercise Events, Programs/Services. CC is a 501(c)(3) organization.

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

2018 Valentines - Hearts 'r' Running 5k Entry fee \$37 through Jan 31; \$40 2/1-8 /\$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 - \_\_\_\_\_

Subtract \$5 for No Irish Breakfast - \_\_\_\_\_

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 = \_\_\_\_\_

Name \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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

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, 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)