

15th Annual

Challenge Arthritis 5k RUN & WALK & Kids Fun Run Challenge



Saturday, May 4
8 AM Start
Bunker Hills Regional
Park, Andover, MN
Celebrating all those saying,
*“I’m Not Stopped
by My Arthritis”*

Online Entry, 5k Records/Photos/Video & more available at www.CharitiesChallenge.org

8 AM – 5K RUN & WALK - ENTRY FEE: \$35 pre-registered by May 1; \$45 race day

Subtract \$5 from entry fee for no commemorative event shirt option

9:15 AM - KIDS CHALLENGE 1/3 Mile - FEE: \$12 pre-registered (Includes shirt/free w/o event shirt)

Timed 5k on USATF certified paved paths course in beautiful Bunker Hills Regional Park & for the second time simultaneously running with the 14th Annual Challenge Diabetes 5k

Recognition & Awards: 5k results by USATF Youth, Open, Masters (5-yr age groups)

RxExercise has helped many to say **“I’m Not Stopped by Arthritis”**.

[Learn more about “Arthritis & RxExercise” at www.CharitiesChallenge.org](http://www.CharitiesChallenge.org); 612-245-9160.

Net event proceeds benefit Charities Challenge, a 501(c)(3) organization, Rx Exercise Events, Programs and Services.

Return this Registration to: Charities Challenge, 1516 Sunny Way Court, Anoka, MN 55303

2019 Challenge Arthritis 5k pre-registered entry fee \$35 through May 1; \$45 Race Day: ____

Kids Challenge 1/3 mile Fun Run - \$12 pre-registered \$20 race day (includes event shirt; free w/o shirt) ____

Included Commemorative T-shirt XS __ S __ M __ L __ XL __ Only for sizes: 2XL __ (Add \$4) 3XL __ (Add \$5) ____

Subtract \$5 for no commemorative event shirt option - ____

Thank you for any tax-deductible donation \$5, \$15, \$25 or more supporting CC RxExercise Programs \$ ____ TOTAL = \$ ____

Name _____ Sex ____ Age ____ Birthday ____/____/____

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Optional Registration Questions:

“I’m Not Stopped by My Arthritis” (you may check your specific type of Arthritis challenge(s), i.e. Osteoarthritis, Rheumatoid Arthritis, Lupus, Joint Replacement, etc... _____ Diagnosis Date: _____

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

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 Programs like CC Travel-Team-Expenses-Paid “Ambassadorships” to inspiring 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, Anoka County Parks, 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 _____ Date _____ (< age 18, guardian)