

13th Annual
Memorial Day
*Challenge Hearts &
 Minds* 5k
Arbor Lake
Maple Grove, MN



Memorial Day
Monday, May 27
8 AM Start
*"Smart Steps for Brighter
 Brains & Marvelous Minds"*

5k Run & Walk followed by Claddagh Irish Pub Breakfast & Beer

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 welcoming Claddagh Irish Pub/Restaurant

Includes optional Irish Breakfast & Beer! - Limited Entries - Register Early!

**Early Entry Basic Fee: \$27 / Full values fee \$39 / \$42 May 16-22 / \$50 race day - see optional discounts below
 Online Entry, Event Records/Photos & more available at www.CharitiesChallenge.org**

Recognition: Complete 5k results by USATF Youth, Open, Masters (5-year age groups) Divisions

Challenge Hearts & Minds with appropriate and highly effective RxExercise.

RxExercise is an essential, powerful help to each of us in achieving and maintaining brain & mental health, and better meeting the challenges of stroke, Traumatic Brain Injury, Alzheimer's, and other neurological diseases/disorders.

Learn more about "The Power of RxExercise" relative to brain health and comebacks from disabling injuries and barriers to exercise at www.CharitiesChallenge.org or 612-245-9160

Net proceeds benefit **Charities Challenge** RxExercise Events, Programs and Services. CC is a 501(c)(3) organization.

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

2019 Challenge Hearts & Minds 5k pre-registered fee \$39 'til May 15; \$42 May 16-22; \$50 race day: _____

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

Subtract \$6 for No Commemorative Shirt Option - _____

Subtract \$6 for No Irish Breakfast Option - _____

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

Name _____ Sex ____ Age ____ Birth Date ____/____/____

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Optional Registration Questions:

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

Yes! I'm Making My Own Strong Comeback from a Stroke ____ TBI ____ other Brain Disease ____ with Rx Exercise!

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, Claddagh Irish Pub Restaurant, City of Maple Grove, Ryan Co, 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 leashed or unleashed animals.

Signature _____ Co-sign _____ Date _____ (< age 18, guardian sign)