



Sunday, February 10 - 10 AM
Arbor Lake, Maple Grove, MN

11th 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

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

2019 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)