

# Challenge Cancer 5K

Run & Walk  
& Kids Fun Run 1/2K Challenge



Bunker Hills Regional Park,  
Andover, MN

Saturday, July 20  
8 AM Start

**“Celebrating Active  
Cancer Survivors”**

**Online Entry, 5k Event Records/Photos & more available at [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)**

5K Run & Walk or 1K Walk - Entry Fee: \$35 pre-registered by 7/17; \$38 7/18-19; \$45 race day

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

9:15 AM - Kids Challenge 1/2K Fun Runs - ENTRY FEE: \$12 pre-registered by 7/17 / \$20 race day

7 AM - Pre-registered Check-in/Bib # & Shirt Pick-up, and Race Day Registration Opens

5k on USATF certified course in beautiful Bunker Hills Regional Park; Start/Finish @ Activities Center  
& will be simultaneously running with the 14<sup>th</sup> Annual Challenge Obesity 5k

**Recognition:** Complete 5k results by USATF Youth, Open, Masters (5-year age groups > age 40-80+)  
Added values: Happy, colorful commemorative race shirt, CC hospitality, announcer, photos slideshow,  
motivational music & healthful tasty treats for all event participants.

This is one of the in CC's Life Challenge Series of 8 x 5k Events  
highlighting RxExercise – Exercise as Medicine - relative to life's  
health challenges. Learn more @ “Power of RxExercise & Cancer” at  
[www.CharitiesChallenge.org](http://www.CharitiesChallenge.org); 612-245-9160.



**Challenge Cancer with appropriate and highly effective RxExercise.**

Appropriate RxExercise is a powerful help to many cancer patients who want to improve their daily quality of life by staying physically active through, and well beyond, their very challenging cancer therapies. RxExercise has helped many cancer survivors to make strong comebacks from their cancer challenges, to become “More than Survivors”.

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

2019 Challenge Cancer 5k pre-registered entry fee \$35 'til July 17; \$38; 7/18-19; \$45 Race Day: \_\_\_\_\_

Kids Challenge 1/2K - \$12 pre-registered by July 17 /\$20 race day (includes 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 \_\_\_\_\_ (cell#) \_\_\_\_\_

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

**Optional Registration Questions:**  Yes! “I’m More Than a Survivor” of cancer because of my RxExercise!

Type of Cancer(s): \_\_\_\_\_ Diagnosis Date: \_\_\_\_\_ Cancer Clear date: \_\_\_\_\_

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

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 sign)