

Challenge Obesity 5k Run & Walk



**Bunker Hills Regional
Park, Andover, MN
Saturday, July 20
8 AM Start
"Celebrating Effective
RxExercise"**

Online Entry, 5k Event Records/Photos & more available at 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 ½K Fun Runs - ENTRY FEE: \$12 pre-registered by July 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 15th Annual Challenge Cancer 5k

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

"I Don't Have To Be Thin To Be Happy/Healthy/Fit" Special Optional Weight Divisions/Recognition

Please indicate under "Optional Questions" your special healthful weight management status. We're cheering for you! Recognition of athletes who have lost 30, 50, 100, 150 pounds or more while pursuing their RxExercise and athleticism.

Challenge Obesity/Overweight with appropriate and highly effective Rx Exercise.

We will have many walking and running who have lost from 30 to 230 pounds over recent years & kept their weight under control with their RxExercise & want others to know that they can achieve their health/fitness goals, too.

Learn more about "Obesity & RxExercise" at www.CharitiesChallenge.org; 612-245-9160

This is one of CC's Life Challenge Series of 8x5k Events highlighting RxExercise relative to life challenges.

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

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

Kids Challenge 500 meter - \$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 Questions: Yes! This is My First-ever Race Event! I've previously raced in CC Events - Est # _____

I'm Happy that I've lost the following weight in pounds (Circle Answer) >25 >50 >100 >150 >200 Other _____

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)