



Fathers Day 5k

13th Annual Celebration of Active Generations

Walk or Run with Dads!

Sunday, June 16

Arbor Lake, Maple Grove, MN

5k Run & Walk - 8 AM

A Charities Challenge RxExercise Holiday Run Event
Continuing CC's RxExercise Mission/Programs/Event

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

5k & 2k Walk 'round Arbor Lake on USATF certified 5k course with family & friends.

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

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

Full Entry Fee: \$39 'til 5/31; \$42 June 1-12 / \$50 race day - Entry fee discounts listed below

Limited Entries – Pre-register Early!

Recognition & Awards: 5k results by Youth, Open, Masters USATF divisions (5-year age groups > age 40-80+) Souvenir "Fathers Day 5k – Celebration of Generations" shirt to remind us to keep up our daily RxExercise, remembering the power of sharing those miles with family and friends all year in an ongoing "Celebration of Generations" of physically active, strong Dads. **Honor Dads with benefits of a RxExercise walk or run!**

Event proceeds benefit Charities Challenge RxExercise Events, Programs and Services. CC is a 501(c)(3) organization. Learn more about the Power of Rx Exercise to improve the quality of all our lives, reduce disease risks, and to improve the lives of so many of us challenged by a variety of chronic diseases by visiting the CC web site.

Info: 612-245-9160; Online registration available via www.CharitiesChallenge.org

Send this completed form to: Charities Challenge, 1516 Sunny Way Ct, Anoka, MN 55303

2019 Fathers Day 5k pre-registered early entry fee \$39 / \$42 June 1-13 / \$50 Race Day: _____

Shirt Size: XS __ S __ M __ L __ XL __ (for only 2XL __ add \$4) _____

No Commemorative Shirt Option Subtract \$6 - _____

No Irish Breakfast Option Subtract \$6 - _____

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

Name _____ Sex __ Age __ Birthday __/__/__ 5k __ Kids Fun Run __

Address _____ E-Mail _____

City/State/Zip _____ Phone(s) _____/_____

Optional Registration Questions:

I'm a Dad! I'm registering with my Dad - Dad's Name _____

Yes! This is my first-ever road race event. I've previously raced 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 leashed or unleashed animals.

Sign _____ Co-sign _____ (for kids under age 18) Date __/__/__