

Exercising Liberty on the 4th of July

Thursday, July 4, 2019 - 11th Annual

Free to Run 4 Miles

Celebrating Liberty - 8 AM – Maple Grove, MN



2019 RRCA Minnesota State 4 Mile Championship



A Unique Charities Challenge RxExercise Holiday Run Event



Continuing CC's RxExercise Mission/Event Because RxExercise Improves Health, Lives & Liberty to Run Online Entry, Event Records/Photos & more available at www.CharitiesChallenge.org

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

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 6/30; \$42 July 1-2 / \$50 race day – Lower fee discount options listed below on entry form

Exercising Liberty **souvenir shirt** to remind us to freely enjoy keeping up our daily RxExercise, get and stay strong, and thereby be better able to go on "Celebrating Liberty" every step of our way; holiday music, and a **pocket size Declaration of Independence & US Constitution** to carry throughout the year.

RRCA MN State 4 Mile Championship on USATF certified course - Results by Youth, Open & Masters 5 yr Divisions Event proceeds benefit Charities Challenge Rx Exercise Events, Programs and Services. CC is a 501(c)(3) organization. Learn more, at CC web site, about the Power of RxExercise to improve the quality of all our lives & liberty, reduce disease risks, and improve the lives of so many of us challenged by a variety of chronic diseases.

More Info: 612-245-9160 & Online entry available at Active.com via CharitiesChallenge.org

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

2019 Free to Run 4 Miles Pre-Registered Entry Fee \$39 'til June 30; \$42 7/1-2; \$50 race day \$ _____

Commemorative Shirt Size: XS __ S __ M __ L __ XL __ only for 2X __ add \$4 or 3X __ add \$5 _____

Subtract \$6 for No Commemorative Shirt Option and/or Subtract \$6 for No Irish Breakfast Option - _____

Thank you for any tax-deductible donation \$5, \$15, \$25... supporting CC's RxExercise Programs _____

TOTAL= \$ _____

Name _____ Sex ____ Age ____ Birthday ____/____/____

Address _____ Phone _____ 5k ____ 1 Mile ____

City/State/Zip _____ E-Mail _____

Optional Registration Questions: Yes! This is My First-ever Road Race Event! I've Run Other CC Events!

I want info @ CC Travel-Expenses-Paid Ambassadorships to Ambassador Destinations like Dublin, Ireland!

Knowingly 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, 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 safety rules for safe racing by not bringing on the course during the event any leashed or unleashed animals.

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