

Sunday, September 16 - 5th Annual
US Constitution Day
We the People 5k



8 AM Start Time
MN State Capitol District
Memorials Grounds Course
St Paul, MN

Start/Finish at
Peace Officers Memorial
 Americana Heritage Series Event
 Presented by Charities Challenge



231st Anniversary Celebration of
Adoption of the US Constitution

Celebrating Constitutional
Fitness for Pursuing
Life-Liberty-Happiness



Exercising liberty 'cause the fit & strong best defend life, liberty, happiness & the US Constitution
 USATF certified course - Results by Youth, Open & Masters 5 year Divisions & as with all CC events, race results are submitted to MN Runner of the Year for MNROY Records points

Entry Fee: \$30 pre-registered by 8/31; \$33 9/1- 9/13. Subtract \$5 for "No Souvenir Shirt" option.

US Constitution Day 5k souvenir shirt to remind us to keep up our daily RxExercise, get & stay strong, and thereby be better able to go on "Celebrating Life-Liberty-Happiness" every step of our way; special Americana music, refreshments, and a pocket size Declaration of Independence & US Constitution to carry throughout the year.



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.

NOTE: Rudyard Kipling observed how, "Nations have passed away and left no traces...history gives the naked cause of it; one single, simple reason in all cases: They fell because their people were not fit."

Event proceeds support CC's Americana Heritage Series Events & RxExercise Programs CC is a 501(c)(3) organization.

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

Mail Form to: 2018 US Constitution Day 5k Entry Fee \$30 'til 7/4; \$35 7/5-9/11; No Race Day Entry \$ _____
Charities Challenge Shirt Size: XS __ S__ M__ L__ XL__ Only for size XXL add \$4 _____
 1516 Sunny Way Ct Subtract \$5 for "No Commemorative Shirt" option _____
 Anoka, MN 55303 Thanks for a tax-deductible donation \$5, \$15, \$25 for CC's RxExercise Programs _____
 TOTAL = _____

Name _____ Sex ____ Age ____ Birthday ____/____/____ Run __ Walk __

Address _____ Phone _____

City/State/Zip _____ E-Mail _____

Optional Registration Questions: Yes! This is My First-ever Road Race Event!

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, the State of Minnesota, the City of St Paul, 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.

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