

The Biggest 2018 Christmas Day 5k in the USA - 13th Annual

Christmas Day - Joyful 5k

& 2k Family & Friends Fun Walk



Brighter, Lighter Days

& Miles of Smiles Come with

Sharing Our RxExercise Every Day

A Charities Challenge Holiday Event

Continuing CC's RxExercise Mission/Programs/Events

Focused on Better Lives & Relationships via RxExercise

10 AM Start - Run or Walk 'round **Arbor Lake in Maple Grove, MN**, on USATF certified 5k course.

Entry Fee: \$35 pre-registered thru 12/18; \$40 12/19-23; \$45 – Subtract \$5 for No Souvenir shirt option.

“Christmas Day - Joyful 5k” Shirt reminds us to keep up our “Miracle Miles” & sharing those miles with others as we go on “Celebrating Joy” throughout the coming year. **Brighten any day with a 5k!**

Net event proceeds benefit CC's ongoing Rx Exercise Events, Programs and Services. CC is a 501(c)(3) organization.

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

At CC's web site learn more about *The Power of RxExercise* to improve the quality of each of our lives and relationships, reduce health risks, and improve the lives of many of us challenged by chronic diseases.

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

2018 Christmas Day 5k Pre-registration fee \$35 'til Dec 18; \$40 'til 12/23; \$45 race day: \$ _____

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

Subtract \$5 for No Commemorative Shirt Option _____

Add Optional Commemorative Items in above size: \$35 Hoody Sweatshirt ___; \$25 Crewneck Sweatshirt ___ + _____

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

Use my added CC donation to help needy others to get a CC Gift of new running/walking shoes & RxExercise Programs.

Use my added CC donation to support RxExercise Ambassador & "Make a Comeback, Kid!" Challenged Athletes Programs

Name _____ Sex ___ Age ___ Birthday ___/___/___

Address _____ Phone _____ 5k ___ 2k ___

City/State/Zip _____ E-Mail _____

Optional Questions: Yes! This is My First-ever Road Running Event! I've been 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, Ryan Co. and 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 animals.

Signature _____ Date _____ **THANK YOU!**

Co-sign _____ Date _____ (for participants under age 18, guardian sign)