

# New Year's Day - Hopeful 5k

& 2k Family & Friends Fun-Fit Walk

A Charities Challenge RxExercise Holiday Event



## Celebrating Hope & Resolutions Success

Arbor Lake, Maple Grove, MN



5k Run or Walk 'round Arbor Lake on USATF certified 5k course with family & friends. Free convenient parking.

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

Check-in & race day registration & post-race party inside warm, welcoming Claddagh Irish Pub & Restaurant

**Includes Irish Breakfast & Beer! - Limited Entries - Register Early!**

Entry Fee: \$37 pre-registered by 12/15; \$40 12/16-28; \$50 race day - See reduced entry fee options below

**Hopeful 5k** is a reminder to keep up our daily RxExercise and achieve all our resolutions throughout the year.

New Years is a time of hopeful resolutions observed by people around the world. On this holiday, runners & walkers will be demonstrating the power of RxExercise to improve lives, especially those who are living actively and well beyond health challenges like arthritis, cancer, diabetes, and heart disease.

Learn more about *The Power of RxExercise* to improve lives and even help us achieve more resolutions.

Info: 612-245-9160; online registration available via [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)

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

1/1/2019 New Year's Day - Hopeful 5k early entry fee \$37; \$40 12/16-28; \$50 RaceDay \$ \_\_\_\_

New Year's Day - Hopeful 5k Shirt Size: XS \_\_S\_\_M\_\_L\_\_XL\_\_ only for 2XL\_\_ add \$4 for 3XL\_\_ add \$5 \_\_\_\_

Subtract \$5 for No Commemorative Shirt Option \_\_\_\_

And/Or Subtract \$5 for No Irish Breakfast Option \_\_\_\_

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

Thank you for any added 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 \_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_ 5k \_\_\_\_ 2k \_\_\_\_

City/State/Zip \_\_\_\_\_ E-Mail \_\_\_\_\_

Optional Questions:  Yes! This is my first-ever road race event  I've raced in CC Events - Estimated # \_\_\_\_

I want info @ CC Rx Exercise Training Programs & Events in the Twin Cities so I can stay active all year long.

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 Companies, 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.

Sign \_\_\_\_\_ (under age 18, guardian Co-sign \_\_\_\_\_) Date \_\_\_\_\_