



Sunday, November 11 - 8th Annual



Veterans Day USA

Honoring Military Service 5k & Optional Mile or 2 Miles

Americana Heritage Series Event
Presented by Charities Challenge



9 AM Start Time

**MN State Capitol District
Memorials Grounds Course**

St Paul, MN

**Start/Finish 12th & Cedar at
Peace Officers Memorial**

USATF certified course - Results by Youth, Open & Masters 5 yr Divisions + MNROY Records points

Honoring Military Service & Celebrating the World's # 1 Military Services

Exercising liberty 'cause the fit & strong best defend life, liberty, happiness & the US Constitution

Continuing CC's RxExercise Mission/Event Because RxExercise Improves Health, Lives & Liberty to Run

Entry Fee: \$35 'til Oct 31; \$40 'til 11/1-7; Subtract \$5 for "No Event Shirt" option / No Race Day Registration

Vets Day 5k souvenir shirt, Americana music, refreshments & cheers, online photography show, 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 via CharitiesChallenge.org

Mail Entry Form to:
Charities Challenge
1516 Sunny Way Ct
Anoka, MN 55303

2018 Veterans Day 5k Pre-Registered Entry Fee \$35 'til Oct 31; \$40 Nov 1-7 \$ _____

Shirt Size: XS __ S__ M__ L__ XL__ 2X __ (for size XXL only + \$4) _____

Subtract \$5 for "No Commemorative Shirt" option _____

Thanks for any tax-deductible donation \$5, \$15, \$25 for CC's RxExercise Programs + _____

Thanks for any tax-deductible donation \$5, \$15, \$25 for TEAM Red White Blue + _____

TOTAL = _____

Name _____ Sex __ Age __ Birthday __/__/__ 5k __ Mile __ 2 Mile __

Address _____ Phone _____

City/State/Zip _____ E-Mail _____

Optional Registration Questions: Active Military Service Retired Former Service

Air Force Army Coast Guard Marines Navy National Guard _____ Years of Service

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, State of MN, 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 races any leashed or unleashed pets/animals.

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