

12 PM Tuesday, November 6 - The 5<sup>th</sup> Biennial

# Election Day 5k

## & Optional Mile or 2 Miles - Exercising Liberty

High Noon Start Time

Capitol District Amazing  
Memorials Grounds Course

St Paul, MN

Start/Finish at

Peace Officers Memorial

At 12<sup>th</sup> & Cedar



**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

**The Only Election Day Road Race in the USA! Limited Entries - Pre-register Early!**

**Early fee: \$30 pre-registered by October 31; \$35 11/1-4; No Race Day Registration** Registration includes optional souvenir shirt, Americana music, refreshments, cheerful volunteers & a pocket size Declaration of Independence & US Constitution to carry throughout the year.

USATF certified course – 5k Results by Youth, Open & Masters Divisions

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

2018 Election Day 5k Entry Fee \$30 by Oct 31; \$35 11/1-4 \$ \_\_\_\_\_

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 RxExercise Programs + \_\_\_\_\_

TOTAL = \_\_\_\_\_

Name \_\_\_\_\_ Sex \_\_ Age \_\_ Birthday \_\_/\_\_/\_\_ 5k \_\_ Mile \_\_ 2 Mile \_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

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

### Optional Registration Questions:

Yes! This is My First-ever Road Race Event!  I've previously raced in CC Events - Estimated # \_\_\_\_\_

I want info @ Travel-Team-Expenses-Paid "RxExercise Ambassadorships" to inspiring Great Destinations Events

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 \_\_\_\_\_ (<18, guardian sign) Date \_\_\_\_\_