

Thank you for pre-registering and/or volunteering for the 14th Annual ThanksGiving Day - GivingThanks 5k, the active “Attitude of Gratitude Celebration” event in Maple Grove, MN, this Thursday, November 28, 8 AM start presented by Charities Challenge.

http://charitieschallenge.org/html/thanksgiving_day_5k.html

Please review the morning's schedule, added values information, and USATF certified course map at the above event web page.

Get excited by viewing the event photos from past years as you anticipate a grand morning around Maple Grove’s Arbor Lake, starting and finishing near the Claddagh Irish Pub & Restaurant.

Tell your family & friends that may register on site race morning.

The forecast for the morning is for partly cloudy wintry weather, 14-17 F. reduced wind of 2-3 mph, and about 170 friendly runners & walkers sharing in our “Miles of Smiles” on Thanksgiving morning.

We CC Race Event Worker (CCREW) volunteers will begin set up indoor reception and the course at 6:15 AM.

7 AM Check-in for pre-registered participants opens inside Claddagh; enter through the back door from their parking lot.

NOTE: Because the Claddagh will have most of their dining rooms beautifully set for their Thanksgiving Day Buffet that opens at 10 AM, we will again only have limited indoor space for our pre-race and post-race hospitality. So, as soon as you receive your bib #, pins, optional event shirt, please return to the outdoors to make room for those coming after you to get into the Claddagh.

Then, after your 5k please go into the Claddagh to get your breakfast, beverage, and then again go back outside to cheer the other 5k finishers, so others after you will have easier access to their indoor reception food and beverages. You may want to bring your own favorite to-go coffee mug, like I do, and have your warm beverages in hand while you move around outdoors.

Also recommended is that you have your before-and-after racing warm garments nearby in your vehicle so you can stay warm when you’re not racing.

8 AM is the start time for both the 5k and 2k Fun Walk.

I recommend that participants arrive between 7 - 7:25 AM to allow our volunteers time to check you in as they also help many race day late registrants.

There will be lots of added values including an optional **commemorative ThanksGiving Day 5k shirt and breakfast and beverages, ThanksGiving and holiday music, and free photography.**

Free parking is available in the lot right behind the Claddagh, the Maple Grove Government Center's parking lots across the corner intersection from the Claddagh Irish Pub, and in other nearby lots.

Results/Records will be posted to the internet soon after the 5k and linked to from the CC site where overall and age group records will be kept for years to come.

Special Participation Notes:

A. Because we're on paved pedestrian paths and going 'round Arbor Lake 3 times for the 5k, **please remember to walk or run no more than two abreast**, always allowing room for those really fast folks who will be coming up from behind to safely pass by.

B. So the timing/scoring volunteers may do their jobs well, **be sure to display your bib # that you'll receive ONLY on your outer shirt or jacket front. (This is a USATF road racing rule for all sanctioned events.)**

C. **Do not remove the tear tag at the bottom of your bib # you'll receive at check-in** as the finish line volunteers need you to **tear that tag off at the finish line and hand it to the race officials after you finish for accurate scoring of everyone in the 5k.**

D. **The small additional tear tag will be collected by the restaurant staff to keep track of participants only for the breakfast.**

E. **For those listening to personal music devices while running/walking:** For everyone's safety and to be able to hear instructions and warnings by course marshals **please remove any ear bud devices from your ears**

- 1. Before the start to hear announcer race instructions**

- 2. Especially as you approach the finish line archway where finish line volunteers will be helping you and others to finish safely and in order for accurate scoring of the 5k. And, you'll have more fun hearing your name announced and being cheered by so many family & friends at the finish when your ears are wide open to the inspiring sounds all around during a CC Event.**

E. For those who included breakfast in your registration, present your bib number mini tear tag to the restaurant staff to get your post-race breakfast and beverage.

My edited photos will be up at our CC Facebook group page. Be ready to “be in the picture” this Thursday morning at Arbor Lake.

You may also want to create a sign that you can wear on your outer garment that displays for others to read those things about your life for which you're particularly grateful this Thanksgiving Season

Choose to show on your shirt/jacket a sign that may read “GivingThanks for _____”.

Holiday theme costumes to walk and run in are also always welcome!

You can learn more about CC’s RxExercise Mission/Programs/Events, the special themes and purpose of this Holiday Run, and even enjoy reviewing videos about the History of Thanksgiving Holiday, a unique American Holiday, via a links found the TD5k event page.

I’m thankful for the Power of RxExercise to improve each of our lives, reduce disease risks, and even improve the management of chronic diseases like arthritis, cancer, diabetes, heart disease, brain injury, and depression. RxExercise helps me more happily manage my own challenges: still living actively with 2 artificial metal hip joints, and arthritic feet for which there is no cure, and continuing cancer clear nearly six years after my melanoma diagnosis.

Thursday morning many will be thankfully, and happily, walking and running well beyond significant health challenges.

And, I’m thankful for each of you, especially so many families and friends, who are coming together on this special holiday to “Share the RxExercise Challenge” with loved ones. You do inspire one another to stay happily-healthfully active by sharing your steps together. Well done all!

Many of the runners and walkers will be experiencing their first-ever road race!

Many more are past participants returning to begin this Holiday of Thankfulness with a CC Holiday Run, because “Exercise is Medicine” (or in a term: RxExercise, CC’s Mission fulfilled at every CC Holiday Run) improves lives and even relationships when that exercise is shared with loving family and friends.

What a great way to start a special day with special people by running/walking a happy, healthful 5k!

We have **travelers from several other states** beyond Minnesota coming, ages 6 to 85, athletes of all abilities and many who are health-challenged athletes.

Please **join me in thanking each of the CC Race Event Workers (CCREW) volunteers who will be joining me in delivering a memorable experience to everyone on Thanksgiving morning.** They're wonderful athletes, many challenged athletes, who are proud to serve active people like you. *(THANKS CCREW!)*

Also, please welcome and refer to me any of your family/friends who may not be ready to race today but who want to still come to cheer for you and enjoy joining our CC Race Event Workers (CCREW) volunteers, thereby feeling a bigger part of delivering a wonderful experience to all the racers as CCREW. Our CCREW leaders will quickly introduce others to rewarding race event management roles right on the spot. **CCREW volunteers each get a commemorative race shirt and "THANKS!" from so many racers.**

See you Thursday morning at the Claddagh where we'll celebrate the Power of RxExercise to improve lives and relationships because we're engaging in an "Attitude of Gratitude Celebration".

Please join our CC group on Facebook to learn keep up with RxExercise and CC Events News <https://www.facebook.com/groups/41310607820/>

Accept The Challenge!

Be Fit, Be Better, and Be well,

Gary Westlund, Charities *RxExercise* Challenge Founder & President

Certified ACSM Health Fitness Specialist & USATF Level II Coach

"Raising RxExercise Action Above Awareness"

Charities Challenge Mission: To Improve Health/Fitness, Reduce Health Risks, and Enhance Disease Management via Goal-oriented RxExercise Training Programs, Engaging Events & Active Community Partnerships...

Because there is NO CURE for all the ills associated with lack of exercise...except RxExercise!

CC is a 501(c)(3) non-profit organization

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