

11th Annual Celebration



St Patrick's Irish Traditions 5K Celebrating Active Friendship-Love-Loyalty Sunday, March 24

9AM Start

Arbor Lks Maple Grove, MN

Limited Entries

A Charities Challenge Holiday Run Event



5k Run & Race Walk followed by Claddagh Irish Pub Breakfast

Continuing CC's RxExercise Mission/Programs/Events, 'Cause...RxExercise Improves Lives, Health & Hearts Today!

Run or Walk 5k 'on USATF certified course with loving family & friends

Shirt Pick-up & Race Day Registration @ Claddagh Irish Pub near start/finish opens @ 7:45 AM.

Complimentary Claddagh Irish Pub optional post-race Breakfast, Beer, hot and cold light beverages, Irish Music, announcer, optional classy colorful shirt, fabulous online memories-photos, cheerful experienced helpful volunteers, holiday Irish costumes welcome, free & convenient parking, indoor restrooms.

Basic Entry Fee: \$27; full values fee \$39 pre-registered by Mar 14 / \$40 March 15-20 / \$50 race day - see optional discounts below - Share the Irish Claddagh Traditions of active "Friendship/Love/Loyalty"

Walk'n'Run with active-loving/loyal friends - a 5k a day brightens a day & improves relationships!

Demonstrate your active friendship-love-loyalty! Limited Entries - Pre-register Early!

Around this Irish-International Holiday, runners & walkers will be demonstrating the power of RxExercise to improve lives and loving-loyal relationships, especially the many who are living well beyond health challenges like arthritis, brain injuries, cancer, diabetes, depression & heart disease with RxExercise shared with loved ones.

More Info & Online Active.com registration via CharitiesChallenge.org or 612-245-9160

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

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

2019 St Patrick's Irish Traditions 5k pre-registered entry fee \$39 / \$40 March 15-20: _____

Shirt Size: XS _ S _ M _ L _ XL_ only for 2XL add \$4 _____

No commemorative shirt option subtract \$6 - _____

No Irish Breakfast option subtract \$6 - _____

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 ____/____/____ 5k ___ 1.5 Mile ___

Address _____ Phone _____ Run ___ RaceWalk ___ Walk ___

City/State/Zip _____ E-Mail _____

Optional Registration Questions: Yes! This is My First-ever Road Race Event! I've Run Other CC Events!

- 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-Expenses-Paid Ambassadorships to inspiring Ambassador Destinations like Dublin, Ire!

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, the City of Maple Grove, Ryan Co. 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 & safety rules for safe racing by not bringing onto the course during race any leashed or unleashed animals.

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