



Challenge Aging 5k



"Celebrating Strength & Successful Aging"

Saturday, Sept 21
Bunker Hills Regional Park,
Andover, MN

2019 RRCA Minnesota State 5k Championship
Earn 1 of 8 Championship Medals

Online Entry, 5k Records/Photos/Video & more available at www.CharitiesChallenge.org

9 AM – 5K RUN & WALK - ENTRY FEE: \$35 pre-registered by 9/18; \$38 9/29-20; \$45 race day

Subtract \$5 from entry fee for no commemorative event shirt option

10 AM - KIDS CHALLENGE .5k Fun Run - FEE: \$12 pre-registered by 9/18; \$20 race day

Timed 5k on USATF certified paved paths course in beautiful Bunker Hills Regional Park

Recognition & Awards: 5k results by USATF Youth, Open, Masters (5-yr age groups)

Successful Active Aging Athletes Recognition: Special "Well Aged with RxExercise" recognition for athletes in their 40s, 50s, 60s, 70s, 80s & 90's. Calculate your "Real Age" at www.realage.com and, if you like, tell us in your registration form what your "Real Age" is for us to recognize and celebrate.

Note: "Real Aging" for physically fit & athletic individuals after age 40 is slowed to ¼ the rate of "Usual Aging" effects in sedentary individuals. Active athletes are really younger than their chronological years and happier/healthier/younger than sedentary individuals. Share your youthfulness: Share your RxExercise with others.

Challenge Aging with appropriate RxExercise

Learn more about "Aging & RxExercise" at www.CharitiesChallenge.org; 612-245-9160

Return this Registration to: Charities Challenge, 1516 Sunny Way Court, Anoka, MN 55303

2019 13th Annual Challenge Aging pre-registered early entry fee \$35 by 9/18; \$38 Sept 19-20 / \$45 Race Day: _____

Kids Challenge .5k Fun Run - \$12 pre-registered 9/18 / \$20 race day (includes shirt; free w/o shirt) _____

Included Commemorative T-shirt XS __ S __ M __ L __ XL __ Only for sizes: 2XL __ (Add \$4) 3XL __ (Add \$5) _____

Subtract \$6 for no commemorative event shirt option _____

Thank you for any tax-deductible donation \$5, \$15, \$25 or more supporting CC RxExercise Programs \$ _____ TOTAL = \$ _____

Name _____ Sex _____ Age _____ Birth Date ____/____/____

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Optional Registration Questions:

- Yes! This is My First-ever Run/Walk Race Event!** **I've previously raced in CC Events - Estimated # _____**
- According to RealAge.com calculation, My "Real Age" is _____ or (- _____ years younger than my chronological age)!**
- 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 Programs like CC Travel-Team-Expenses-Paid "Ambassadorships" to inspiring 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, Anoka County Parks, 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 _____ Date _____ (< age 18, guardian sign)