

8th Annual
Challenge
Happiness 5k
RUN & WALK



Saturday, Aug 10
8 AM Start
Bunker Hills Regional
Park, Andover, MN
Actively Pursuing
Happiness

Online Entry, Event Records/Photos & more available at www.CharitiesChallenge.org

5K Run & Walk or 1K Walk - ENTRY FEE: \$35 pre-registered by Aug 7; \$35 8/8-9; \$45 race day

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

9:15 AM - Kids Challenge ½K Fun Runs - ENTRY FEE: \$12 pre-registered by 8/8; \$20 race day includes shirt
5k on USATF certified course in beautiful Bunker Hills Regional Park; Start/Finish @ Activities Center
& simultaneously running with the 9th Annual Challenge Addiction 5k

Recognition: Complete 5k results by USATF Youth, Open, Masters (5-year age groups > age 40-80+)
Defeat Depression with RxExercise. RxExercise is effective in improving mild-to-moderate depression challenges!
 Consult a physician for medical advice regarding depression, including when you choose to add/increase exercise, and especially if you choose to eliminate exercise from your life. **This is one of CC's 2018 Life Challenge Series of 8x 5k**

Learn more about the entire 8x5k Series & more about "RxExercise & Happiness" at

www.CharitiesChallenge.org / 612-245-9160.

Net event proceeds benefit Charities Challenge, a 501(c)(3) organization, Rx Exercise Events, Programs and Services.

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

2019 Challenge Happiness 5k pre-registered early entry fee \$35 'til Aug 7; \$38 8/8-9 / \$45 Race Day: _____

Kids Fun 1/3 Mile - \$12 pre-registered by Aug 7 / \$20 race day (includes shirt; kids run free w/o shirt) _____

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

Subtract \$5 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 ___ Birthday ___/___/___

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 # _____**

YES, I'm Happy to Report that I've Improved My Depression Management with My RxExercise!

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)