

A Charities Challenge
RxExercise Event



Limited Entries
Pre-register Early!

5th Annual Half-Way-to St Patrick's Irish Traditions 5K Celebrating *Active* Friendship-Love-Loyalty Arbor Lakes Area Maple Grove, MN

8 AM Sunday,
Sept 15



5k Run & Race Walk followed by
fabulous full Claddagh Irish Pub
Breakfast & Beer & Hospitality

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

Timed 5k run and race walked on USATF certified 5k course with loving family & friends.

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

Entry Fee: \$39 pre-registered/\$42 Sept 11-13/ \$50 race day – Lower fee discount options listed below on entry form
Share the Irish Claddagh Traditions of "Friendship/Love/Loyalty" and sharing RxExercise *active* love.

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

Half way to St Patrick's Day, an 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, cancer, diabetes, depression & heart disease with RxExercise shared with loved ones.

Simultaneously conducted along with CC's 6th Annual US Constitution Day 5k

More Information & Online entry via CharitiesChallenge.org or 612-245-9160

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 Half Way to St Patrick's Irish Traditions 5k Entry Fee \$39 'til 9/10; \$42 9/11-13; \$50 race day \$ _____

Commemorative Shirt Size: XS __ S __ M __ L __ XL __ only for 2X __ add \$4 or 3X __ add \$5 _____

Subtract \$6 for No Commemorative Shirt Option and/or Subtract \$6 for No Irish Breakfast Option - _____

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

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 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, 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 and safety rules for safe racing by not bringing onto the course during the event any leashed or unleashed animals.

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