

Sunday, September 15 - 6th Annual
US Constitution Day
We the People 5k



8 AM Start Time
Arbor Lakes Area
Maple Grove, MN
 Americana Heritage Series Event
 Presented by Charities Challenge



232nd Anniversary Celebration of
 Adoption of the US Constitution

**Celebrating Constitutional
 Fitness for Pursuing
 Life-Liberty-Happiness**



Exercising liberty 'cause the fit & strong best defend life, liberty, happiness & the US Constitution
 USATF certified course - Results by Youth, Open & Masters 5 year Divisions & as with all CC events, race results are submitted to MN Runner of the Year for MNROY Records points

Entry Fee: \$39 pre-registered/\$42 Sept 11-13/ \$50 race day – Lower fee discount options listed below on entry form

US Constitution Day 5k optional souvenir shirt reminds us to keep up our daily RxExercise, get & stay strong, and thereby be better able to go on “Celebrating Life-Liberty-Happiness” every step of our way; optional breakfast & beer, and a **pocket size Declaration of Independence & US Constitution** to carry throughout the year.



Learn more, at CC web site, about the **Power of RxExercise** to improve the quality of all our lives & liberty, reduce disease risks, and improve the lives of so many of us challenged by a variety of chronic diseases.

NOTE: Rudyard Kipling observed how, “Nations have passed away and left no traces...history gives the naked cause of it; one single, simple reason in all cases: **They fell because their people were not fit.**”

Event proceeds support CC’s Americana Heritage Series Events & RxExercise Programs CC is a 501(c)(3) organization.

Simultaneously conducted along with CC’s 5th Annual Half Way to St Patrick’s Day 5k

More Info: 612-245-9160 & Online entry available via CharitiesChallenge.org

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

2019 US Constitution Day 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 Breakfast Option - _____

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

Name _____ Sex ____ Age ____ Birthday ____/____/____ Run __ Walk __

Address _____ Phone _____

City/State/Zip _____ E-Mail _____

Optional Registration Questions: Yes! This is My First-ever Road Race Event!

I want info @ CC Travel-Team-Expenses-Paid “Ambassadorships” to inspiring Great Ambassador 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, 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 _____ Co-sign _____ Date _____ (< age 18, guardian sign)