

5th Annual - 2009 Edition

Challenge Arthritis

5k RUN & RACE WALK
& 1.5 Mile Fitness Walk
& Kids Half Mile Challenge



Como Lake, St Paul
Saturday, Sept 5
8 AM Start

Celebrating all those saying,
"I'm Not Stopped
by My Arthritis"

8 AM – 5K RUN & RACE WALK or 1.5 Mile Fitness Walk - ENTRY FEE: \$22 pre-registered/\$30 race day
9 AM - KIDS CHALLENGE HALF MILE - ENTRY FEE: \$10 pre-registered/\$15 race day

Online Entry, 5k Event Records/Photos & more available at www.CharitiesChallenge.org
5k on USATF certified course around beautiful Como Lake; Start/Finish near Lakeside Pavilion.

Recognition & Awards: Complete 5k results by Youth, Open, Masters (5-year age groups > age 40-80+), Athena-Clydesdale & Race Walk Divisions. Awards to first man and woman in Open, Masters, Athena-Clydesdale & RaceWalk Divisions. Classy commemorative race shirts & race treats for all event participants.

Special Arthritis-Affected-Athletes Awards: Special awards & recognition for athletes with arthritis.

Special Challenge Arthritis "I'm Not Stopped by Arthritis" Award Certificates for those who indicate below that they live actively with arthritis challenges. RxExercise has helped many to say "I'm Not Stopped by Arthritis".

Learn more about "Arthritis & Rx Exercise" 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 Court, Anoka, MN 55303**

Challenge Arthritis 5k Run Race Walk* Walk (\$22 pre-reg) Adult T-shirt: S M L XL \$ _____

*Race Walkers indicate USATF Member # _____ Adult T-shirt sizes: 2XL (Add \$3) 3XL (Add \$5) _____

Challenge Arthritis 1.5 Mile (\$22 pre-reg; Check Shirt Size Above) _____

Kids Challenge Half Mile (\$10 pre-registered) Kids T-shirt: S M L _____

Additional tax-deductible donation for CC Rx Exercise Events/Programs/Services: _____

THANK YOU! TOTAL ENCLOSED: \$ _____

Name _____ Birthday ____/____/____ Age ____ Sex ____

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Optional Registration Questions:

"I'm Not Stopped by My Arthritis" (you may check your specific type of Arthritis challenge(s), i.e. Osteoarthritis, Rheumatoid Arthritis, Lupus, Joint Replacement, etc... _____ Diagnosis Date: _____

Optional Division II: Women's Athena Weight Class (> 145 lbs) or Men's Clydesdale Weight Class (> 200 lbs)

Yes! This is My First-ever Race Event! Recognized Team Name _____ CC Series Team # _____

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, Black Bear Crossings Café, the City of St Paul, 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)

