

Sunday, Dec 21, 2008

3rd Annual

Training & Racing for
Courage & Strength for
Life's Challenges



**Challenge
Courage**
Indoor Track Races
Bethel University
Celebrating
Strength & Courage



SANCTIONED EVENT

Races 9:30 AM to Noon

Events: 1 Mile - 200m - 800m – 1 Mile Judged RW - 400m – 2000m C2 Row

More Info, Online Entry, Event Records/Photos Available at www.CharitiesChallenge.org

Entry Fee: \$16/\$11 Student pre-reg. or \$25/\$20 race day. Enter as many race events, including row, for one fee! CC "Rx Exercise" commemorative race shirts available for \$10. Charities Challenge, a 501(c)(3) non-profit organization.

Results & Recognition by youth, open & masters (ages 35-90+) divisions. Many go home "Real Bread Winners"!

CC Indoor Race Series: This is #2 in a series of 5 wintertime indoor "Challenge" athletic events held on Bethel U's Sports & Recreation Center's Indoor 200 Meter Track to keep up your training and show off your increasing speed.

#1 Challenge Depression – 200m, 400m, 800m, 1500m Runs & 1500m Race Walk Dec 7, 2008 (& Dec 6, 2009)

#3 New Year Resolutions Challenge – 200, 400m, 800m, Mile Run & Mile RaceWalk & Indoor Row Regatta Jan 1, 2009

#4 Challenge Isolation – 200m, 400m, 800m, 1 Mile & 3000m Runs & 3000m Race Walk & Indoor Row Jan 18, 2009

#5 Challenge Hearts – 200m, 400m, 800m, 1 Mile, 5000m Runs & 3000m Race Walk & Indoor Row Feb 15, 2009

Register Before Event #1 & Save on the Entire Series of "All 5x5 Challenge Indoor Track Events" for \$60

Challenge Courage "Celebrating Strength & Courage". Train & Race for "Courage & Strength to Better Meet Life's Challenges"! We can each train and race to be stronger and therefore better prepared for life's challenges.

Read inspiring stories @ CC web site of those who, with RxExercise, are better meeting a variety of life's challenges.

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

Challenge Depression Races Entry Fee: \$16/\$11 ID'd*Student pre-reg or \$25 Race Day/ Fee Covers All Events \$_____

Selected Events: 1 Mile ___ 200 m ___ 800 m ___ 400m ___ Runs; 1 Mile RaceWalk ___ / 1st Event Starts @ 9:30 AM

Race Walkers indicate USATF Member # _____ C2 Indoor Row 2000m ___

Optional \$10 CC RxExercise T-Shirt: ___ Kids ___ S ___ M ___ L ___ XL ___ 2XL (Add \$3) ___ 3XL (Add \$5) _____

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

ID'd*Student Discount - School _____ TOTAL ENCLOSED: \$_____

Name _____ Birthday ___/___/___ Age ___ Sex ___

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Optional Registration Questions:

Yes! This is My 1st-ever Track or Road Race Event! CC Recognized Team Name _____

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.

At my own risk I knowingly do hereby apply to enter an athletic contest. I hereby agree that I release and discharge Charities Challenge, Bethel University and the City of Arden Hills 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 any other record of this event for any purpose.

Signature _____ Co-sign _____ Date _____ (< age 18, guardian sign)