

Sunday, Dec 7, 2008

4<sup>th</sup> Annual

Taking Strong Steps to  
Defeat Depression



# Challenge Depression



Indoor Track Races

@ Bethel University  
Doors Open @ 9 AM

SANCTIONED EVENT

Races 9:30 AM to Noon

Events: 1500m - 200m - 800m -1500m Judged RaceWalk - 400m + 2000m Row

More Info, Online Entry, Event Records/Photos Available at [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)

Entry Fee: Pre-registered \$16/\$12 Student or \$25/\$20 race day. Runners may learn about RaceWalks by cheering the walkers. RaceWalkers add running to your life by joining in the run. Enter any race events, even row, for one fee!

Save \$20 by "Taking on All Challenges" of CC Winter Track Series of 5 Indoor Events for \$60

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

CC Indoor Race Series: This is #1 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.

#2 Challenge Courage – 200m, 400m, 800m & 1 Mile Runs & Mile Race Walk & Indoor Row Regatta Dec 14, 2008

#3 Challenge New Year Resolution – 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

Challenge 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. Learn more @ [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)

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

Challenge Depression 2008 Pre-reg'd Entry Fee: \$16/\$12 ID'd\*Student or \$25/\$20 Race Day Covers All Events \$ \_\_\_\_\_

Special Taking on All Challenges Indoor Track Events for 2008-2009 Entry Fee: \$60/45 ID'd\*Student \_\_\_\_\_

Optional \$20 CC RxExercise Technical T-Shirt: \_\_\_Kids \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_2XL (Add \$3) \_\_\_3XL (Add \$5) \_\_\_\_\_

Selected Events: 1500m \_\_\_ 200 m \_\_\_ 800 m \_\_\_ 400m \_\_\_ Runs \_\_\_ 1500m RaceWalk / 1<sup>st</sup> Event Starts @ 9:30 AM

Race Walkers indicate USATF Member # \_\_\_\_\_ Concept 2 Indoor Row 2000m \_\_\_

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

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

Net event proceeds benefit Charities Challenge, a 501(c)(3) non-profit organization, RxExercise Programs/Events.

Name \_\_\_\_\_ Birthday \_\_\_/\_\_\_/\_\_\_ Age \_\_\_ Sex \_\_\_

Address \_\_\_\_\_ Phone(s) \_\_\_\_\_/\_\_\_\_\_

City/State/Zip \_\_\_\_\_ E-Mail \_\_\_\_\_

### Optional Registration Questions:

- YES, I'm Happy to Report that I've Improved My Depression Management with My Rx Exercise!
- 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)