

The First Christmas Day 5k in America!

The 3<sup>rd</sup> Annual

# Christmas Day - Joyful 5k

& 1.5 Mile Family & Friends Fun Walk



**Brighter, Lighter Days  
& Miles of Smiles Come with  
Sharing Our RxExercise Every Day**

**A Charities Challenge Holiday Event  
Continuing CC's RxExercise Mission/Programs/Events  
Focused on Better Lives & Relationships via RxExercise**

**10 AM** - Run or Walk 5k or 1.5 Mile 'round beautiful Como Lake on USATF certified 5k course with family/friends. 9 AM Check-in & Onsite Registration @ Lakeside Pavilion near start/finish with ample free parking.

**Entry Fee: \$22 pre-registered/\$29 race day** For all a Classy commemorative "Christmas Day - Joyful 5k" Long Sleeve Shirt, a reminder to keep up our daily RxExercise "Miracle Miles" & to share those miles with others throughout the coming year in an ongoing "Celebration of Hope".

Net event proceeds benefit CC's ongoing Rx Exercise Events, Programs and Services. CC is a 501(c)(3) organization.

**Info: 612-245-9160; Online registration available at Active.com via CharitiesChallenge.org**

At CC's web site learn more about *The Power of RxExercise* to improve the quality of each of our lives and relationships, reduce health risks, and improve the lives of many of us challenged by chronic diseases.

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

**Christmas Day 5k Entry fee \$22**

Shirt Size: XS \_\_ S \_\_ M \_\_ L \_\_ XL \_\_ add \$3 for XXL \_\_

**Thank You! for any added tax-deductible donation \$3, \$8, \$28 or more supporting CC RxExercise Programs \$\_\_ TOTAL = \_\_**

- Use my added CC donation to help needy others to get a CC Gift of new running/walking shoes & RxExercise Programs.
- Use my added CC donation to support RxExercise Ambassador & "Make a Comeback, Kid!" Challenged Athletes Programs.

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

Address \_\_\_\_\_ Phone \_\_\_\_\_ Run \_\_\_\_ Walk \_\_\_\_

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

Yes! This is My First-ever Road Race Event!

- 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 Travel-Team-Expenses-Paid "Ambassadorships" to inspiring Great Ambassador Destination events in Hawaii, Rome, Dublin, Disney World & beyond. Let us send you on an inspiring RxEx Ambassadorship!

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 Crossing Restaurant, 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 event any leashed or unleashed animals.

Signature \_\_\_\_\_ Date \_\_\_\_\_ **THANK YOU!**

Co-sign \_\_\_\_\_ Date \_\_\_\_\_ (for participants under age 18, guardian sign)