

*Celebrating Liberty*

*Free to Run*

*4 Miles on the 4<sup>th</sup> of July*

**Harriet Island, St Paul**

**Saturday, July 4, 2009 - 8 AM Start**

*Adding a Taste of Fitness to the Taste of Minnesota*



*Exercise Your Freedom on the 4<sup>th</sup> of July!*

**Entries Info: 612-245-9160**

**Or [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)**



**TAKE THE *R*EXERCISE  
CHARITIES  
CHALLENGE  
.ORG**  
Run • RaceWalk • Ride • Row • Roll



**A Charities Challenge RxExercise Holiday Event**

Continuing CC's RxExercise Mission/Programs/Events Because...

**RxExercise Improves Lives, Health & Hearts Today!**

CC Mission: To Improve Health and Fitness, Reduce Health Risks, and Enhance Disease Management through Goal-oriented RxExercise Training Programs, Engaging Events & Active Partnerships.

CC is a 501(c)(3) non-profit org.