

# Fathers Day 5k



**June 20, 2010 @ Como Lake**

**Walk or Run with Dads!**

**4th Annual Celebration of Active Generations  
 5k & 1.5 Mile Family & Friends Fun Fitness Walk**

**A Charities Challenge RxEx Holiday Event**  
 Continuing CC's RxExercise Mission/Programs/Events  
**Because RxExercise Improves Lives, Health & Hearts**

**8:30 AM** – 5k Run or walk, race or fitness walk 'round beautiful Como Lake on a USATF certified 5k course with Dads, and Dads' families & friends. Race Day Registration @ Lakeside Pavilion; start/finish nearby.

**Entry Fee: \$23 pre-registered/\$30 race day.** Souvenir "Fathers Day 5k – Celebration of Generations" shirt to remind us to keep up our daily RxExercise, remembering the power of sharing those miles with family and friends all year in an ongoing "Celebration of Generations" of physically active, strong Dads. Honor Dads with the joyful heart-health benefits of RxExercise walk or run! "A 5k a day brightens a day".

Event proceeds benefit Charities Challenge Rx Exercise Events, Programs and Services. CC is a 501(c)(3) organization. Learn more about the Power of Rx Exercise to improve the quality of all our lives, reduce disease risks, and to improve the lives of so many of us challenged by a variety of chronic diseases by visiting the CC web site.

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

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

**2010 Fathers Day 5k Pre-Registration Entry fee: \$23**

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

**Thank You!** for an added tax-deductible donation \$8, \$18, \$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 \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_ Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_ 5k \_\_ 1.5 Mile \_\_

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

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

**Optional Questions:**  I'm a Dad!  Yes! This is My First-ever Road Race Event!

- I'm registering with my Dad, GrandDad, or Husband so as to walk/run, or try and keep up as best I can, with my:
  - Dad's Name \_\_\_\_\_
  - Grand Dad's Name \_\_\_\_\_
  - Husband's 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 Travel-Team-Expenses-Paid "RxExercise Ambassadorships" to Great Ambassador 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 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.

**Sign** \_\_\_\_\_ **Co-sign** \_\_\_\_\_ (for kids under age 18) **Date** \_\_\_\_/\_\_\_\_/\_\_\_\_