

PRESS RELEASE

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FOR IMMEDIATE RELEASE

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St. Paul, Minnesota – June 16, 2009 – **Charities Challenge**, a 501(c)3 nonprofit organization, announces its **3rd Annual "Fathers Day 5k - Celebration of Active Generations"** and 1.5 Mile Family & Friends Fun Walk will be an occasion to "honor dads with the happy heart-health benefits of an RxExercise walk or run" **on Sunday, June 21, at Como Lake, St. Paul, MN.**

The **theme is "Celebration of Active Generations" emphasizing the irreplaceable health benefits of regular exercise**, and the power of exercise as a prescription (RxExercise) to improve the quality of lives challenged by a variety of chronic diseases like arthritis, cancer, diabetes, and heart disease, **and honoring the leadership of active dads in the lives of their children.**

For more information and to register online go to www.CharitiesChallenge.org

The 5k Fun Run & Race Walk and the simultaneous 1.5 Mile Family & Friends Fun Walk will **start at 8:30 AM**. Pre-registration is \$22; race-day registration is \$30.

Race-day registration opens at 7:30 AM Sunday. Race day registration is near the historic lakeside white pavilion alongside Como Lake, off of Lexington Avenue. Unique, commemorative "Fathers Day 5k – Celebration of *Active Generations*" shirt included for every registrant.

Charities Challenge Founder and President, Gary Westlund, says, "**There is a rare, life-enhancing, even life-giving, gift some of us can give to busy Dads: the gift of our time walking or running by their side.** Sharing the gift of our own time in enjoyable exercise, walking or running, with someone we love is a gift that improves the quality of each of our lives, and even improves relationships.

Fathers Day is a special holiday occasion to add a new family tradition: **Celebrating Dads who have led their families in being exercisers.**

Participation in the 5k Run/Walk will immediately fulfill the RxExercise mission of Charities Challenge in the lives of every one who walks or runs, and deliver encouragement to those who will be taking up exercise because of their Dads who are walking and running with them. **All participating fathers and grandfathers will be actively honored and recognized at the Fathers Day 5k.**

Each Fathers Day CC will continue to recognize remarkable "Honored Active Dads" who for years have been delivering inspiring RxExercise leadership to their children, friends, and community.

CC recognized Fathers Day 5k '**Honored Active Dads' Phil Face** of Falcon Heights, and **Rick Peterson** of Maple Grove, at the first two editions of this special Holiday Run Event. **This Sunday CC will recognize two more dads as the 'Honored Active Dads' of the 3rd Annual Fathers Day 5k – Celebration of Active Generations event" as exemplars of Generations of Active Generations."**

Charities Challenge is "Raising RxExercise *Action* above Awareness".

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

For more information, contact Charities Challenge President Gary Westlund at 612-245-9160; GaryWestlund@CharitiesChallenge.org

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