

PRESS RELEASE November 1, 2010 FOR IMMEDIATE RELEASE  
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St. Paul, Minnesota – November 1, 2010 – **Charities Challenge**, a 501(c)3 nonprofit organization, **announces the “The Only Election Day 5k Road Race in America”.**

Charities Challenge’s **“Election Day – Exercising Liberty 5k” will start at Noon on Tuesday, November 2, 2010, at Como Lake, St. Paul, MN.**

**The 5k theme is “Celebrating Life, Liberty and the Pursuit of Happiness” emphasizing the irreplaceable health benefits of exercise,** and the power of exercise as medicine (RxExercise) to improve quality of lives, improve stress management, and even to improve relationships.

**For more information, a printable registration form and colorful event poster, or to register online through Midnight Monday, Nov 1, go to [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org).**

**Race-day registration opens at 11 am Election Day** at the Como Lake historic lakeside pavilion. **Pre-registration is \$24; race-day registration is \$30 (\$20 without a commemorative shirt.)**

**Registration includes an “Election Day – Exercising Liberty 5k” commemorative shirt,** hot and cold refreshments, healthful whole fresh fruit, professional announcer, motivational music, photography with unique post-event online slideshow of “Miles of Smiles”. **The clever, colorful, commemorative shirt includes two ballot box questions for racers to vote either “I Elect to Run \_\_\_” or “I Elect to Walk \_\_\_”.**

Charities Challenge Founder and President, Gary Westlund, reports, **“Election day in the USA has become an unusually stressful day for many Americans. Since exercise has been found to alleviate much of the ill effects, both mental and physical ill effects, of distress, Charities Challenge has initiated the first-ever and for 2010, the Election Day – Exercising Liberty 5k.**

Regardless of how we each may happen to vote on Election Day, **the goal of this unique road race event is to bring us together to enjoy a brisk 5k walk or run, and to discover the common ground beneath all our feet that we can always find in any road race.**

My hope is that by running and walking together on Election Day, we may better maintain our special relationships, among family and friends, especially with those who may otherwise vote differently from one another. We can run and walk on together regardless of how elections may turn out.

**The only partisan aspect to the Election Day 5k is a clever campaign to ask participants to mark their own race shirt ballot questions: I Elect to Run or I Elect to Walk.**

I'm writing today, the day before Election Day from the nations capitol, Washington, D.C., and ready to return to Minnesota after enjoying yesterday's Marine Corps Marathon experience, and thinking about the next Election Day 5k in two years, on Tuesday, Nov 6, 2012.

My hope for 2012 is that we will see this first-ever and only Election Day 5k event nationalized by many of the Road Running Club(s) of America choosing to host their own communities' 'Election Day 5k' events where more of us across America can Elect to Run or Walk with family and friends regardless of political differences, and find that common ground beneath our running and walking feet."

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

Because there is *NO CURE* for all the ills associated with lack of exercise...except  
RxExercise!  
# # #

*Accept The Challenge!*

*Be Fit, Be Better, and Be well,*

Gary Westlund, Charities RxExercise Challenge Founder & President

Certified ACSM Health Fitness Specialist & USATF Level II Coach

"Raising RxExercise Action Above Awareness"

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CC is a 501(c)(3) non-profit organization

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