

Sunday, Jan. 18, 2009



Races 9:30 AM to Noon

Doors Open @ 9 AM

3rd Annual

Challenge Isolation

Indoor Track Races

@ Bethel University

Doors Open @ 8:30 AM

“Celebrating RxExercise & Happier-Healthier Active Relationships”

“Icy Winter is Not Isolating Me”!



SANCTIONED EVENT

Events: 3000m - 200m - 800m – Mile Judged RaceWalk & Run - 400m – C2 Rows

[More Info, Online Entry, Event Records/Photos Available at www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)

Entry Fee: Pre-registered \$16/\$12 Student or \$25/\$20 race day. Runners may learn about race walking by cheering on the walkers. Race walkers, you may discover running as cross training by joining in the run. All may try rowing, too. CC race shirts \$10.

Net event proceeds benefit Charities Challenge, a 501(c)(3) non-profit organization, RxExercise Programs/Events.

Recognition & Awards: Race Results & Recognition by youth, open & masters (5-year age groups > age 40-80+) divisions for each racing event. Overall Challenge Race Events winners go home “Real Bread Winners”!

CC Indoor Race Series: This is #4 in a Series of 5 wintertime indoor “Challenge” athletic events held on Bethel U's Sports & Recreation Center's Indoor 200 Meter Track to keep up your training and show off your increasing speed.

Event #5: **Challenge Hearts** – 200m, 400m, 800m, 1 Mile, 5000m Runs & 3000m Race Walk & Indoor Row **Feb 15, 2009**

Check the CC web site to learn more about all the Series of Challenge Indoor Track Events starting again in December.

Challenge Isolation is “Celebrating Happy-Healthier Active Relationships”! Be able to say *“Icy Winter's Not Isolating Me”!* Those who train and race with family & friends enjoy happier-healthier relationships, avoid unhealthy-unhappy social isolation that increases with advancing age and especially so during dark, cold wintertime weather.

We can each better meet the challenges of social isolation by getting out and sharing our athletic training and racing times with fun-fit family & friends, while also being welcoming to others to join us along the way.

Return this Registration to: Charities Challenge, 1516 Sunny Way Court, Anoka, MN 55303

Challenge Depression Races Entry Fee: \$16/\$12 ID'd*Student pre-reg/\$25/20 RaceDay / Fee Covers All Events \$_____

Select Events: 3000m ___ Mile ___ 200 m ___ 800 m ___ 400m ___ Runs; Mile RaceWalk ___ /Events Start @ 9:30 AM

Race Walkers indicate USATF Member # _____ C2 Indoor Row 2000m ___

Optional \$10 CC RxExercise T-Shirt: ___Kids ___S ___M ___L ___XL ___2XL (Add \$3) ___3XL (Add \$5) _____

Additional tax-deductible donation for CC Rx Exercise Events/Programs/Services: _____

ID'd*Student Discount - School _____ TOTAL ENCLOSED: \$_____

Name _____ Birthday ___/___/___ Age ___ Sex ___

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Yes! This is My 1st-ever Track or Road Race Event! CC Recognized Team 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 Programs like CC Travel-Team-Expenses-Paid “Ambassadorships” to inspiring destinations.

At my own risk I knowingly do hereby apply to enter an athletic contest. I hereby agree that I release and discharge Charities Challenge, Bethel University and the City of Arden Hills 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 any other record of this event for any purpose.

Signature _____ Co-sign _____ Date _____ (< age 18, guardian sign)