

**PRESS RELEASE: FOR IMMEDIATE RELEASE, January 16, 2009**

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St. Paul, Minnesota – January 16, 2009 – Charities Challenge (CC), a 501(c)3 nonprofit organization, announces its **3rd Annual Challenge Isolation Indoor Track Event, Sunday, January 18, at Bethel University's Sports & Recreation Center, Arden Hills, MN.**

The forecast is for continuing cold outdoors, but it will be a hot time on the indoor track at Bethel U for CC's Annual All-Comers Indoor Track Challenge Event.

This is the 4th of 5 Wintertime Indoor Track Challenge Events in CC's Indoor Challenge Series of All-Comer indoor track races at Bethel.

CC's *Challenge Isolation - Indoor Track Races* **theme is "Celebrating Happy-Healthy Relationships". The Event will highlight the benefits of getting out with others for group exercise and the advantages of athletic competitions conducted indoors throughout a Minnesota winter.**

**For more information and online pre-registration go to [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org).**

Race-day registration opens at 9 AM. First race event starts at 9:30 AM. Pre-registration is \$16, race-day registration is \$25, and special reduced rates for students under age 19. Charities Challenge also offers pro bono complementary entries into any of our Events to those in need of CC's support.

Each Indoor Challenge Event in the series will include a couple of sprints (200m & 400m), mid-distance events (800m & mile), as well as a separate judged race walk event. This Sunday's Event will start with a 3000m distance race.

There will be challenging athletic competitions for athletes of all ages and athletic abilities. **Athletes of all abilities, ages 7-70, have raced at the Indoor Events Series.**

**CC Events are occasions to celebrate the Power of RxExercise in helping many individuals more successfully meet health challenges and risks, including unhealthful wintertime social disengagement and isolation.**

Each CC Challenge Event **highlights the Power of RxExercise, an appropriate exercise prescription, in improving the quality of life for many challenged with any of a variety of health challenges like arthritis, brain injury, cancer, depression, diabetes and heart disease.**

Charities Challenge Founder and President, Gary Westlund, says "While filling our Rx Exercise, we regular exercisers who train and race with family & friends enjoy happier-healthier relationships, and **avoid unhealthy-unhappy social isolation risks which increase with aging, especially so during cold wintertime weather.**

**So, it's better to be a part of, rather than apart from, occasions for regular group exercise and athletic competitions.** We can count on a happy sense of self-efficacy and improved relationships that come with **being able to say, 'Icy winter's not isolating me'!**

Charities Challenge Mission is: *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@aol.com.

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