

4th Annual - 2009 Edition

# Challenge Diabetes 5K

RUN & RACE WALK  
& 1.5 Mile Fitness Walk  
& Kids Half Mile Challenge



Como Lake, St Paul  
**Saturday, July 11**  
8 AM Start  
"Taking Strong Steps  
to Defeat Diabetes"

8 AM – 5K RUN & RACE WALK or 1.5 Mile Fitness Walk - ENTRY FEE: \$22 pre-registered/\$30 race day  
9 AM - KIDS CHALLENGE HALF MILE - ENTRY FEE: \$10 pre-registered/\$15 race day

Online Entry, 5k Event Records/Photos & more available at [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)  
5k on USATF certified course around beautiful Como Lake; Start/Finish near Lakeside Pavilion.

**Recognition & Awards:** Complete 5k results by Youth, Open, Masters (5-year age groups > age 40-80+), Athena-Clydesdale & Race Walk Divisions. Awards to first man and woman in Open, Masters, Athena-Clydesdale & RaceWalk Divisions. Classy commemorative race shirts & race treats for all event participants.

**Special Challenge Diabetes "I'm Moving My Feet to Defeat My Diabetes" Award Certificates** recognizing those registering below and saying, "Yes! 'I'm Moving My Feet to Defeat My Diabetes' with the help of my Rx Exercise"

## Challenge Diabetes with appropriate and highly effective RxExercise

Celebrate those "Living Well Beyond Diabetes" who say, "I'm Moving My Feet to Defeat My Diabetes"

Appropriate RxExercise is an irreplaceably powerful prescription for people at risk to diabetes to optimally manage and improve their quality of daily life, by being physically active through and well beyond their diabetes challenges.

Learn @ "Diabetes & the Power of Rx Exercise" > [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org); 612-245-9160

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

Challenge Diabetes 5k Run \_\_ Race Walk\*\_\_ Walk\_\_ 1.5 Mile \_\_ \$22 pre-registered \$ \_\_\_\_

\*Race Walkers USATF Member # \_\_\_\_\_

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

Kids Challenge Half Mile (\$10 pre-registered) \_\_\_\_\_

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 \_\_\_\_\_ Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_ Age\_\_ Sex\_\_

Address \_\_\_\_\_ Phone(s) \_\_\_\_\_/\_\_\_\_\_

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

### Optional Registration Questions:

"I'm Moving My Feet to Defeat My Diabetes" with my RxExercise!  DM Type I or II? Diagnosis Date: \_\_\_\_\_

Optional Division II: Women's Athena Weight Class (> 145 lbs) or Men's Clydesdale Weight Class (> 200 lbs)

Yes! This is My First-ever Race Event!  Recognized Team Name \_\_\_\_\_ CC Series Team # \_\_\_\_\_

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.

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 Crossings Café, 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 races any leashed or unleashed pets/animals.

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