

5th Annual Active

ThanksGiving Day

GivingThanks 5k

& 1.5 Mile Family & Friends Fun Fitness Walk



“Attitude of Gratitude” Celebration

Thursday, November 25

Como Lake, St Paul

A Charities Challenge RxExercise Holiday Run Event



Continuing CC's RxExercise Mission/Programs/Events

800 Limited Event Entries... Register Soon!

Fun Families 'n' Friends Holiday Tradition *Actively* Celebrating Gratitude - Holiday costumes welcome
Charities Challenge also welcomes health/fitness/athletics-benefiting donations & non-perishable food

9 AM Run or walk around beautiful Como Lake on a USATF certified 5k course with family & friends.

Shirt Pick-up & Race Day Registration @ Lakeside Pavilion; start/finish nearby. **For what are you especially “GivingThanks”?** Choose to show on your shirt/jacket a sign “GivingThanks for ___”.

Entry Fee: \$24 pre-registered/\$30 race day. Commemorative “ThanksGiving - GivingThanks 5k” long sleeve shirt reminds us to keep a healthful “Attitude of Gratitude” every day throughout the coming year.

You're invited to donate more than your race registration fee in support of CC RxExercise programs & events. Net event proceeds benefit Charities Challenge RxExercise Events, Programs and Services. CC is a 501(c)(3) organization.

Info: 612-245-9160; Online registration available at Active.com via CharitiesChallenge.org

Send this completed entry to: Charities Challenge, 1516 Sunny Way Ct, Anoka, MN 55303

2010 ThanksGiving Day 5k Pre-registration Entry fee: \$24

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

Thank You for any added tax-deductible donation \$6, \$16, \$26 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
- Count on me to bring non-perishable food items CC will provide to needy others via the Union Gospel Mission of St Paul

Name _____ Sex ___ Age ___ Birth Date ___/___/___

Address _____ Phone _____ Run ___ Walk ___

City/State/Zip _____ E-Mail _____

Optional Questions: Yes! This is My First-ever Road Race Event!

- 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 Travel-Team-Expenses-Paid “Ambassadorships” to inspiring Great Ambassador Destination events in Florida, Hawaii, Rome, Dublin, & beyond. Let us send you on an inspiring RxEx Ambassadorship!

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 Crossing Restaurant, 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 event any leashed or unleashed animals.

Signature _____ Date _____ **THANK YOU! THANK YOU!**

Co-sign _____ Date _____ (for participants under age 18, guardian sign)