

PRESS RELEASE      December 14, 2009    FOR IMMEDIATE RELEASE  
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St. Paul, Minnesota – December 14, 2009 – **Charities Challenge**, a 501(c)3 nonprofit organization, **announces continuation the “Longest Running Christmas Day Road Race in America”.**

Charities Challenge’s **4th Annual “Christmas Day – Joyful 5k” Family & Friends Fun Run/Walk and 1.5 Mile Fun Fitness Walk will start at 10 AM on Friday, December 25, 2009, at Como Lake, St. Paul, MN.**

**The 5k theme is “Miracle Miles – Celebration of Joy” emphasizing the irreplaceable health benefits of exercise**, and the power of exercise as a prescription (RxExercise) to improve the quality of lives challenged by a variety of chronic diseases like arthritis, cancer, depression, diabetes, and heart disease.

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

**Race-day registration opens at 9 am Christmas Day** at the Como Lake historic lakeside pavilion, and the 5k Fun Run & Walk and 1.5 mile Fitness Walk will start at 10AM. **Pre-registration is \$23; race-day registration is \$30.**

**Registration includes a long sleeve “Christmas Day – Joyful 5k” commemorative shirt**, hot and cold refreshments, healthful whole fresh fruit, announcer, holiday motivational music, photography with unique post-event online slideshow of “Miles of Smiles”.

The anticipated participation for this 4th Annual “Christmas Day – Joyful 5k” Event is about 300, including individuals visiting MN for the holidays from many other states and even other countries.

Charities Challenge Founder and President, Gary Westlund, reports, **“There is a rare, life-enhancing, even life-giving, gift some of us can give to family or friends we love: the gift of our time walking or running by their side.**

**Sharing the gift of our own time in enjoyable exercise, walking or running, with someone we love is a gift that improves the quality of each of our lives** and may be remembered with advantages for years to come.

**Christmas Day is a very special occasion for many of us to add a new tradition to our traditional families’ and friends’ holidays celebrations: RxExercise providing exercise to so many of us who are under-exercised in addition to sharing our exercise time with others who don’t want to walk or run alone.**

Christmastime can be the loneliest time of year for some of us. **I’m hopeful that many single people, some very lonely, without family nearby with whom to celebrate “this time of the rolling year”, will come to enjoy the benefits of a brisk 5k at beautiful Como Lake on Christmas Day with hundreds of others.**

Purposeful participation in the 5k Run/Walk will, first, immediately fulfill the RxExercise mission of Charities Challenge in the lives of everyone who walks or runs, and, secondly, significantly encourage those who will be taking up exercise because of their actively loving family and friends who are walking with them, and, lastly, will continue serving others in need of exercise leadership by supporting Charities Challenge RxExercise Mission/Programs/Events”.

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

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