

Sunday, February 14, 2010

4th Annual
Celebration of Strong Hearts

*"Taking Strong Steps
for Stronger Hearts"!*



Challenge Hearts Indoor Track Races



SANCTIONED EVENT

Races 9 AM to Noon
Doors Open @ 8 AM

@ Bethel University

Events: 5000m - 60m - Mile - 200m - 800m - 3000m Judged Race Walk - 400m

More Info, Online Entry, Event Records/Photos Available at www.CharitiesChallenge.org

Entry Fee: Pre-registered \$18/\$15 Student or \$25/\$20 race day. Runners may learn about RaceWalks by cheering the walkers. RaceWalkers add running to your life by joining in the run. Optional CC 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 #5 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. Check CC web site to learn more about all the Series of Challenge Indoor Track Events starting again in December.

Challenge Hearts with appropriate RxExercise. Learn more at CC web site about how regular exercise, RxExercise, improves lives, including reducing the risks & management of heart disease & Coronary-Vascular Disease. *Appropriate Rx Exercise has been found to be irreplaceably effective in improving management of heart disease risks.*

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

2010 Challenge Hearts 2010 Entry Fee: \$18/\$15 ID'd*Student or \$25/\$20 Race / Day Covers All Events \$ _____

Optional \$10 CC RxExercise T-Shirt: ___ Kids ___ S ___ M ___ L ___ XL ___ For: 2XL (Add \$3) ___ 3XL (Add \$5) _____

Thank you for any additional tax-deductible donation, \$12, \$22, or more supporting RxExercise Programs: _____

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

Select Events: 5000m ___ 60m ___ Mile ___ 200m ___ 800m ___ 3000m RaceWalk ___ 400m ___

RaceWalkers add USATF Member # _____

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

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Optional Registration Questions:

I have CVD ___ other Heart Disease ___ but I'm Improving My Heart Health Management With My RxExercise!

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)