

Actively Celebrate 8 Holidays

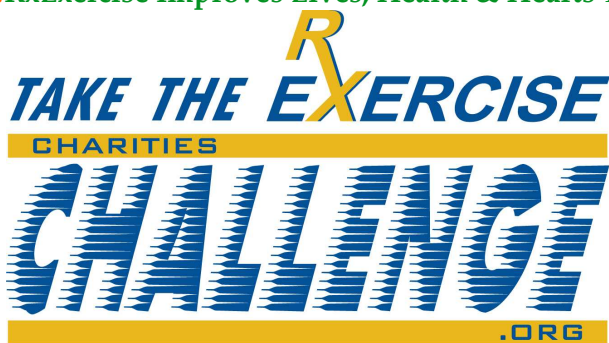
Charities Challenge 2010

"Holiday Run"

Series of 8x Holidays Run/Walk Events

@ St Paul, MN, USATF Certified Courses

Save \$70+ on Series - Register by April 3



Run • RaceWalk • Ride • Row • Roll

#1 Easter Sunday – Rise 'n' Shine 5k, April 4

#2 Mothers Day 5k, Sunday, May 9

#3 Memorial Day Challenge 5k, Mon, May 31

#4 Fathers Day 5k, Sunday, June 20

#5 Free to Run 4 Miles, Saturday, July 4

#6 Halloween Fearless 5k, Sat, Oct 30

#7 ThanksGiving Day 5k, Thur, Nov 25

#8 Christmas Day - Joyful 5k, Sat, Dec 25

Enjoy 8 Holiday Run Series Events in 2010 with Family & Friends

Continuing CC's RxExercise Mission/Programs/Events, 'Cause...RxExercise Improves Lives, Health & Hearts Today!



Celebrating All the Holidays More Happily by Sharing RxExercise Fun as Active Family & Friends

Save \$70+ on 8x Holiday Run Events until Mar 12...Special Reduced Entry fee of \$120

Online registration & more information about Challenge Events at www.CharitiesChallenge.org

Net event proceeds benefit Charities Challenge RxExercise Programs. CC a 501(c)(3) organization Ph: 612-245-9160

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

"Holiday Run" Series of 8 Holidays Run Events Reduced Entry fee of \$120 thru April 3, 2010 \$ _____

8 Commemorative Holiday Run Day Shirts: __S __M __L __XL __ and for 2XL (Add \$25) __3XL (Add \$35) _____

Thank you for any tax-deductible donation, \$10, \$20, \$50 or more for RxExercise Events & Programs: _____

Run __ Walk __ RaceWalk* __ *RaceWalkers USATF Member # _____ TOTAL ENCLOSED: \$ _____

Name _____ Sex ____ Age ____ Birthday ____/____/____

Address _____ Phone(s) _____ / _____

City/State/Zip _____ E-Mail _____

Optional Registration Questions:

Yes! These are My 1st-ever Road Race Events!

I want info @ CC Rx Exercise Training Programs & Events in the Twin Cities so I can stay active all year long.

I want info @ Programs like CC Travel-Team-Expenses-Paid "RxEx 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)