



Fathers Day 5k



June 19, 2011

Walk or Run with Dads!

5th Annual Celebration of Active Generations

Como Lake, St Paul

5k Race & 1.5 Mile Family/Friends Fun Fit Walk & Kids Challenge ¼ & ½ Mile Fun Runs

A Charities Challenge RxEx Holiday Event

Continuing CC's RxExercise Mission/Programs/Events
Because RxExercise Improves Lives, Health & Hearts

8:30 AM – 5K RUN & RACE WALK or 1.5 Mile Fitness Walk - ENTRY FEE: \$25 pre-registered/\$35 race day
@ 9:40 AM - KIDS CHALLENGE ¼ & ½ Mile Fun Runs - ENTRY FEE: \$10 pre-registered/\$15 race day
7:30 AM - Pre-registered Check-in/Bib # & Shirt Pick-up, and Race Day Registration Opens

Online Entry, 5k Event Records/Photos & more available at 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+) Souvenir "Fathers Day 5k – Celebration of Generations" shirt to remind us to keep up our daily RxExercise, remembering the power of sharing those miles with family and friends all year in an ongoing "Celebration of Generations" of physically active, strong Dads. Honor Dads with the benefits of RxExercise walk or run! Event proceeds benefit Charities Challenge Rx Exercise Events, Programs and Services. CC is a 501(c)(3) organization. Learn more about the Power of Rx Exercise to improve the quality of all our lives, reduce disease risks, and to improve the lives of so many of us challenged by a variety of chronic diseases by visiting the CC web site.

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

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

2011 Fathers Day 5k Run ___ Race Walk___ Walk___ 1.5 Mile ___ \$25 pre-registered (\$30 Race Day) \$ ___

Shirt Size: XS ___ S ___ M ___ L ___ XL___ for 2XL add \$3 ___

Kids Challenge Half Mile - \$10 pre-registered / \$15 Race Day (includes kid's shirt) (No charge w/o shirt) ___

Thank You! for an added tax-deductible donation \$5, \$15, \$25 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 _____ Sex ___ Age ___ Birthday ___/___/___ 5k ___ 1.5 Mile ___ Kids Fun Run ___

Address _____ E-Mail _____

City/State/Zip _____ Phone(s) _____/_____

Optional Registration Questions:

- I'm a Dad!
- I'm registering with my Dad - Dad's Name _____
- Yes! This is My First-ever Road Race Event!

I want info @ CC Travel-Team-Expenses-Paid "Ambassadorships" to inspiring Great Ambassador 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 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.

Sign _____ Co-sign _____ (for kids under age 18) Date ___/___/___