

The Only Christmas Day 5k 'tween the US Coasts 2010 - 5th Annual

Christmas Day - Joyful 5k

& 1.5 Mile Family & Friends Fun Walk



**Brighter, Lighter Days
& Miles of Smiles Come with
Sharing Our RxExercise Every Day**

A Charities Challenge Holiday Event
Continuing CC's RxExercise Mission/Programs/Events
Focused on Better Lives & Relationships via RxExercise

10 AM - Run or Walk 5k or 1.5 Mile 'round beautiful Como Lake on USATF certified 5k course with family/friends. 9 AM Check-in & Onsite Registration @ Lakeside Pavilion near start/finish with ample free parking.

Entry Fee: \$24 pre-registered/\$30 race day For all: **Souvenir "Christmas Day - Joyful 5k" Long Sleeve Shirt**, a reminder to keep up our daily RxExercise "Miracle Miles", sharing those miles with others as we go on "Celebrating Joy" throughout the coming year with active family & friends. **A 5k a day brightens a day.** Net event proceeds benefit CC's ongoing Rx Exercise Events, Programs and Services. CC is a 501(c)(3) organization.

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

At CC's web site learn more about *The Power of RxExercise* to improve the quality of each of our lives and relationships, reduce health risks, and improve the lives of many of us challenged by chronic diseases.

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

2010 Christmas Day 5k Entry fee \$24

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

Thank You! for an 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

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

Address _____ Phone _____ 5k __ 1.5 Mile __

City/State/Zip _____ E-Mail _____

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 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.

Signature _____ Date _____ **THANK YOU!**

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