

5th Annual
Memorial Day 2010
Challenge Hearts
& Minds 5k



Como Lake, St Paul
Memorial Day
Monday, May 31
8 AM Start
"Smart Steps for
Brighter Brains &
Marvelous Minds"

5k RUN & RACE WALK
& 1.5 Mile Fitness Walk
& Kids Half Mile Challenge

5K RUN & RACE WALK or 1.5 Mile Fitness Walk - ENTRY FEE: \$24 pre-registered/\$30 race day
9 AM - KIDS CHALLENGE HALF MILE - ENTRY FEE: \$10 pre-registered/\$15 race day

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 USATF Youth, Open, Masters (5-year age groups) Divisions, & Athena-Clydesdale & RaceWalk Divisions. "Real Bread Winner" Awards to first man and woman in Open, Masters, Athena-Clydesdale & Race Walk Divisions. Classy commemorative race shirts & race treats for all Event participants. **Special Award Certificates** and recognition for all answering the optional brain health challenge questions below.

Challenge Hearts & Minds with appropriate and highly effective RxExercise.

RxExercise is an essential, powerful help to each of us in achieving and maintaining brain & mental health, and better meeting the challenges of stroke, Traumatic Brain Injury, Alzheimer's, and other neurological diseases/disorders.

Learn more about "The Power of RxExercise" relative to brain health and comebacks from disabling injuries and barriers to exercise at www.CharitiesChallenge.org or 612-245-9160
 Net proceeds benefit **Charities Challenge** RxExercise Events, Programs and Services. CC is a 501(c)(3) organization.

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

2010 Challenge Hearts & Minds 5k Run ___ **Race Walk*** ___ **Walk** ___ **or 1.5 Mile** ___ **Pre-Registration Fee \$24 \$** ___

***RaceWalker's USATF Member #** _____ **Kids Challenge Half Mile** ___ **(Pre-registered Fee \$10)** ___

Included Commemorative T-shirt XS ___ **S** ___ **M** ___ **L** ___ **XL** ___ **for sizes: 2XL** ___ **(Add \$3)** **3XL** ___ **(Add \$5)** ___

Thank You! for any 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** ___ **Birth Date** ___/___/___

Address _____ **Phone(s)** _____/_____

City/State/Zip _____ **E-Mail** _____

Optional Registration Questions:

- Yes! I'm Making My Own Strong Comeback from a Stroke** ___ **TBI** ___ **other Brain Disease** ___ **with Rx Exercise!**
- Optional Division II: Women's Athena Weight Class (> 145 lbs) or Men's Clydesdale Weight Class (> 200 lbs)**
 - Yes! This is My First-ever Race Event!**
 - 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.**

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**)