

Thank you for pre-registering and/or volunteering for the combined and simultaneous 13th Annual **Challenge Cancer 5k – Celebrating *Active Cancer Survivors*** and 12th Annual **Challenge Obesity 5k** at beautifully forested Bunker Hills Park in Andover, MN this Saturday morning, July 22, starting at 8 AM, presented by Charities Challenge http://www.charitieschallenge.org/html/challenge_cancer_5k.html and http://www.charitieschallenge.org/html/challenge_obesity_5k.html

SPECIAL NOTE: Due to road construction on Bunker Lake Blvd west of the only access to the Bunker Hills Activity Center, our staging area and the start/finish line, is only from the east on Bunker Lake Blvd. Come in to the Activity center from Hwy 65 on Bunker Lake Blvd.

At the above event web pages you will find the morning's schedule, maps, directions and more good info including about reducing cancer and obesity health risks and improving cancer and weight management challenges with RxExercise - Exercise as Medicine. Brilliant!

Please join Charities Challenge on Facebook, too, to keep up with CC events, photos and RxExercise news <https://www.facebook.com/groups/41310607820/>

We have 40 total pre-registered participants (23 for Challenge Cancer 5k and 17 for Challenge Obesity 5k).

Among our participants and volunteers are:

...several living long and well beyond a variety of cancer challenges;

...many have lost 50lbs, 100lbs, and even more than 150lbs;

...ages 12-83;

...>10% doing their first ever road race;

...>60% have run or walked CC events in the past (some have completed >50 CC events!

More are expected to register by race start. The more the merrier!

So, we've kept online pre-registration open 'till Midnight tomorrow Thursday, July 20. Tell your family & friends that they're welcome to join you by registering online for \$35 or on site race morning for \$40.

We CC Race Event Worker (CCREW) **volunteers will begin set up at 6:30 AM.**

I recommend arriving between 7:15 - 7:30 AM to allow our volunteer registrars time to check you in as they also help race day registrants to get signed up to race.

You'll enjoy receiving lots of CC unique added event values:

- 1. Timing** for complete USATF divisions scoring on certified 5k course.
- 2. Fabulous free photography, online slideshow.**
- 3. Challenge Cancer 5k or Challenge Obesity 5k souvenir t-shirt**
- 4. The cheerful welcome and expert support** of CC Race Event Workers (CCREW) volunteers.
- 5. The inspiration of running and walking with some truly remarkable "Challenged Honored Athletes"** demonstrating The Power of RxExercise to improve lives of those challenged by cancer and/or overweight/obesity.
- 6. Summertime motivational music and recognition.**
- 7. Healthful, tasty post-race treats.**
- 8. Real-time Running & Walking RxExercise Celebrations** by many of us who use RxExercise – Exercise as Medicine - to meet well our health challenges. **We'll be cheering lots of happy racers many of whom are living well beyond their cancer and/or weight challenges because of their RxExercise. Brilliant!**

Race Results/Records of the will be posted at each event web page.

My photos will be online soon following the event, too. See photos slideshows with music from CC Events Photos Galleries at http://charitieschallenge.org/html/cc_event_photos.html and be ready to be in the picture Saturday morning at Bunker Hills Park.

Special Participation Notes:

- A. So the timing/scoring volunteers may do their jobs well, be sure to display your bib # that you'll receive ONLY on your torso/shirt front. (This is a USATF road racing rule for all sanctioned events.)**
- B. Do not remove the tear tag at the bottom of your bib # you'll receive at check-in as the finish line volunteers need you to tear that tag off and hand it in after you finish for accurate scoring of everyone in the 5k.**

C. For those listening to personal music devices while running/walking: For everyone's safety and to be able to hear instructions and warnings by course marshals **please remove any ear bud devices from your ears**

- 1. Before the start to hear announcer race instructions**
- 2. Especially as you approach the finish line archway** where finish line volunteers will be helping you and others to finish safely and in order for accurate scoring of the 5k. **And, you'll have more fun hearing your name announced and being cheered by so many family & friends at the finish when your ears are wide open to the inspiring sounds all around during a CC Event.**

Because CC Events are all produced and delivered by volunteers, **please join me in thanking each of the CC Race Event Workers (CCREW) volunteers who will be joining together in delivering a memorable experience to everyone Sunday morning.** They are wonderful athletes, many challenged athletes, some of us still volunteering well beyond our health challenges, too, who are proud to serve active people like you. (Go CCREW!)

See you Saturday morning in the park.

Again, you're welcome to **forward this e-mail to those you're inviting to join you, and even add your invitation to others via your Facebook page when you add Charities Challenge to your Facebook links**

<https://www.facebook.com/groups/41310607820/>

Accept The Challenge!

Be Fit, Be Better, and Be well,

Gary Westlund, CHARITIES CHALLENGE Founder & President
Certified ACSM Health Fitness Specialist & USATF Level II Coach
"Raising RxExercise Action Above Awareness"

Charities Challenge Mission: To Improve Health/Fitness, Reduce Health Risks, and Enhance Disease Management via Goal-oriented RxExercise Training Programs, Engaging Events & Active Community Partnerships...

Because there is NO CURE for all the ills associated with lack of exercise...except RxExercise!

CC is a 501(c)(3) non-profit organization

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