

2009 NEW YEARS DAY

2nd Annual

"Celebrating Resolution

Success"



New Year Resolutions Challenge Indoor Track Races Bethel University 11AM



Events: 1 Mile - 200m - 800m – 1 Mile Judged RW - 400m – 2000m C2 Row More Info, Online Entry, Event Records/Photos Available at www.CharitiesChallenge.org

Entry Fee: \$15/\$10 Student/\$20 race day. Runners may learn about race walking by cheering on the walkers. Race walkers, you may discover running as cross training by joining in the run. All may try rowing, too. CC race shirts \$10.

Net event proceeds benefit Charities Challenge, a 501(c)(3) non-profit organization, RxExercise Programs/Events.

Recognition & Awards: Race Results & Recognition by youth, open & masters (5-year age groups > age 35-90+) divisions for each racing event. Overall Challenge Race Events winners go home "Real Bread Winners"!

CC Indoor Race Series: This is #3 in a series of 5 wintertime indoor "Challenge" athletic events held on Bethel U's Sports & Recreation Center's Indoor 200 Meter Track to keep up your training and show off your increasing speed.

#1 Challenge Depression – 200m, 400m, 800m, 1500m Runs & 1500m Race Walk Dec 7, 2008

#2 Challenge Courage – 200m, 400m, 800m & 1 Mile Runs & Mile Race Walk Dec 14, 2008

#4 Challenge Isolation – 200m, 400m, 800m, 1 Mile & 3000m Runs & 3000m Race Walk & Indoor Row Jan 18, 2009

#5 Challenge Hearts – 200m, 400m, 800m, 1 Mile, 5000m Runs & 3000m Race Walk & Indoor Row Feb 15, 2009

New Year Resolutions Challenge: Set benchmark times in the day's races & enjoy 2008 more motivated to "Faster-Funner" times. Set new personally significant goals by: Reaching for optimal athletic performance in the Mile; trying challenging new events like the RaceWalk & Row; and even improving relationships thru racing. Take the 2008 New Year Resolutions Challenge to be "Faster-Fitter-Funner" with fun-fit-friends at 1st New Year Resolutions Challenge.

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

Challenge New Resolution Races Entry Fee: \$15/\$10 ID'd*Student pre-reg/\$20 Race Day/ 1 Fee for All Events \$_____

Selected Events: 1 Mile ___ 200 m ___ 800 m ___ 400m ___ Runs; 1 Mile RaceWalk ___ / 1st Event Starts @ 11:30 AM

Race Walkers indicate USATF Member # _____ C2 Indoor Row 2000m ___ 30 Min ___

Optional \$10 CC RxExercise T-Shirt: ___Kids ___S ___M ___L ___XL ___2XL (Add \$3) ___3XL (Add \$5) _____

Additional tax-deductible donation for CC Rx Exercise Events/Programs/Services: _____

ID'd*Student Discount - School _____ TOTAL ENCLOSED: \$_____

Name _____ Birthday ___/___/___ Age ___ Sex ___

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Yes! This is My 1st-ever Track or Road Race Event! CC 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.

At my own risk I knowingly do hereby apply to enter an athletic contest. I hereby agree that I release and discharge Charities Challenge, Bethel University and the City of Arden Hills 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 any other record of this event for any purpose.

Signature _____ Co-sign _____ Date _____ (< age 18, guardian sign)