

Exercising Liberty on 4th of July, 2010 3rd Annual



Free to Run



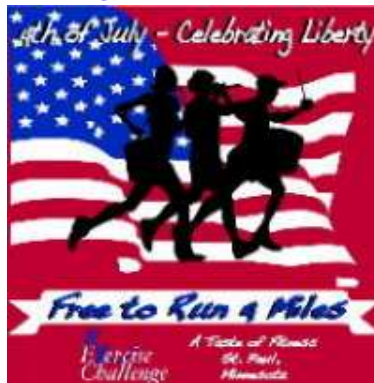
4 Miles... on the 4th of July

Celebrating Liberty 8 AM - Harriet Island, St Paul

RRCA MN State 4 Mile Champs



*Delivering a Taste of Fitness
to the Taste of Minnesota*



*A Charities Challenge
RxExercise Holiday Run Event*

Continuing CC's RxExercise Mission/Event Because RxExercise Improves Health, Lives & Liberty to Run

Entry Fee: \$25 pre-registered/\$35 race day. For all: Free to Run - Celebrating Liberty souvenir shirt to remind us to freely enjoy keeping up our daily RxExercise, get and stay strong, and thereby be better able to go on "Celebrating Liberty" every step of our way; special holiday music, refreshments & cheers.

USATF certified course - Results & Recognition by Youth, Open, Masters USATF Divisions

Event proceeds benefit Charities Challenge Rx Exercise Events, Programs and Services. CC is a 501(c)(3) organization. Learn more, at CC web site, about the Power of RxExercise to improve the quality of all our lives & liberty, reduce disease risks, and improve the lives of so many of us challenged by a variety of chronic diseases.

More Info: 612-245-9160 & Online entry available at Active.com via CharitiesChallenge.org

Mail Form to: Charities Challenge
1516 Sunny Way Ct
Anoka, MN 55303

2010 Free to Run 4 Miles Pre-Registered Entry Fee \$25.00 \$ _____

Shirt Size: XS ___ S___ M___ L___ XL___ For size XXL add \$3 _____

Thanks for any tax-deductible donation \$5, \$15, \$25 for RxExercise Programs _____

TOTAL = _____

Name _____ Sex ___ Age ___ Birthday ___/___/___ Run ___ Walk ___

Address _____ Phone _____

City/State/Zip _____ E-Mail _____

Optional Registration Questions: 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, 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 _____

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