



4th of July



Celebrating Liberty

Free to Run5k

Harriet Island, St Paul

Saturday, July 4, 2009 - 8 AM Start

Adding a Taste of Fitness to the Taste of Minnesota



Exercise Your Freedom on the 4th of July!

Entries Info: 612-245-9160

Or www.CharitiesChallenge.org



A Charities Challenge RxExercise Holiday Event

Continuing CC's RxExercise Mission/Programs/Events Because...

RxExercise Improves Lives, Health & Hearts Today!

CC Mission: To Improve Health and Fitness, Reduce Health Risks, and Enhance Disease Management through Goal-oriented RxExercise Training Programs, Engaging Events & Active Partnerships.

CC is a 501(c)(3) non-profit org.