

**PRESS RELEASE****Contact: Gary Westlund@aol.com 612-245-9160****FOR IMMEDIATE RELEASE****June 12, 2008**

St. Paul, Minnesota – June 12, 2008 – Charities Challenge, a 501(c)3 nonprofit organization, announces its **2nd Annual "Fathers Day 5k – Celebration of Active Generations"** and 1.5 Mile Family & Friends Fun Walk will be an occasion to "honor dads with the happy heart-health benefits of an RxExercise walk or run" **on Sunday, June 15, at Como Lake, St. Paul, MN.**

The theme is "Celebration of *Active Generations*" emphasizing the irreplaceable health benefits of regular exercise, and the power of exercise as a prescription (RxExercise) to improve the quality of lives challenged by a variety of chronic diseases like arthritis, cancer, diabetes, and heart disease, and honoring the principal leadership of active dads in the lives of their children.

For more information and to register online go to [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org).

The 5k Fun Run & Race Walk and the simultaneous 1.5 Mile Family & Friends Fun Walk will start at 8:30 AM. Pre-registration is \$20; race-day registration is \$25; Kids under age 12 registering with parent/guardian \$10 pre-reg/\$15 race day.

Race-day registration opens at 7:30 AM Sunday, June 15. Race day registration is near the historic lakeside white pavilion alongside Como Lake, off of Lexington Avenue. Unique, commemorative "Fathers Day 5k – Celebration of *Active Generations*" shirt included for every registrant.

Charities Challenge Founder and President, Gary Westlund, says, "There is a rare, life-enhancing, even life-giving, gift some of us can give to busy Dads: the gift of our time walking or running by their side. Sharing the gift of our own time in enjoyable exercise, walking or running, with someone we love is a gift that improves the quality of each of our lives, and even improves relationships.

Fathers Day is a special holiday occasion to add a new family tradition: Celebrating Dads who have led their families in being exercisers, benefiting those of us so fortunate to have such a strong Dad.

Participation in the 5k Run/Walk will immediately fulfill the RxExercise mission of Charities Challenge in the lives of every one who walks or runs, and deliver encouragement to those who will be taking up exercise because of their Dads, family and friends who are walking and running with them.

All participating fathers and grandfathers will be actively honored and recognized at the Fathers Day 5k.

Each Fathers Day CC will continue to recognize a remarkable dad who has for years been delivering inspiring RxExercise leadership to his children, his friends, and his community.

This Sunday CC will recognize Coach Rick Peterson of Maple Grove, MN, as the 'Honored Active Dad' of the 2nd Annual Fathers Day 5k – Celebration of Active Generations event".

Rick says, "I've been running competitively for several decades. My earliest memories are running around the track as a 4 year old with the junior high team that dad coached.

I've never been the kind of elite runner that I dreamed of, but while others have come and gone, my love for the sport, a love that was initially instilled by my dad, has kept me competing at a relatively high level long after others have retired.

It's fun to have my daughter, Becca, tag along with me sometimes when I run. I see myself as a youth when I watch her run. In addition to doing an occasional 5K, she has become quite an avid figure skater.

I've been coaching high school and college runners for the past 7 years. It inspires me to watch kids get excited about running and see their times improve.

I'm thankful to my dad for introducing me to running. Running has played such an important role in my life and I'm grateful for the opportunity to share it with others, including my daughter, Becca".

Charities Challenge is "Raising RxExercise *Action* above Awareness".

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

For more information, contact Charities Challenge President Gary Westlund at 612-245-9160; [GaryWestlund@aol.com](mailto:GaryWestlund@aol.com)