

# Challenge Cancer 5k

RUN & WALK  
& Kids Fun Run Challenge



Como Lake, St Paul  
Saturday, July 23  
8 AM Start  
“Celebrating Active  
Cancer Survivors”

5K RUN & WALK or 1.5 Mile Walk - ENTRY FEE: \$30 pre-registered by 7/15; \$35 7/16-20; \$45 race day  
9:15 AM - Kids Challenge 1/3 Mile Fun Runs - ENTRY FEE: \$12 pre-registered / \$15 July 16-20 / \$20 race day  
Not all shirts or sizes guaranteed to race day registrants. Pre-register early!

7 AM - Pre-registered Check-in/Bib # & Shirt Pick-up, and Race Day Registration Opens

**300 Limited Entries – Pre-register Early!**

5k on USATF certified course in beautiful Bunker Hills Regional Park; Start/Finish @ Activities Center.

**Recognition:** Complete 5k results by USATF Youth, Open, Masters (5-year age groups > age 40-80+)

Added values: Happy, colorful commemorative race shirt, CC hospitality, announcer, photos slideshow, motivational music & healthful tasty treats for all event participants.

Online Entry, 5k Event Records/Photos & more available at [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)

**Challenge Cancer with appropriate and highly effective RxExercise.**

Appropriate RxExercise is a powerful help to many cancer patients who want to improve their daily quality of life by staying physically active through, and well beyond, their very challenging cancer therapies. RxExercise has helped many cancer survivors to make strong comebacks from their cancer challenges, to become “*More than Survivors*”.

This is the 5<sup>th</sup> in CC’s Life Challenge Series of 8 x 5k Events highlighting RxExercise relative to life health challenges. Learn more @ “Power of RxExercise & Cancer” at [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org); 612-245-9160.

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

**2016 Challenge Cancer 5k pre-registered entry fee \$30 ‘til July 15; \$35; 7/16-20-20; \$45 Race Day: \_\_\_\_\_**

**Kids Challenge 1/3 Mile - \$10 pre-registered / \$15 July 16-20 / \$20 race day (includes shirt; free w/o shirt) \_\_\_\_\_**

**Included Commemorative T-shirt XS \_\_ S \_\_ M \_\_ L \_\_ XL \_\_ Only for sizes: 2XL \_\_ (Add \$4) 3XL \_\_ (Add \$5) \_\_\_\_\_**

**Thank you for any tax-deductible donation \$5, \$15, \$25 or more supporting CC RxExercise Programs \$ \_\_\_\_\_ TOTAL = \$ \_\_\_\_\_**

Name \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_ Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_ (cell#) \_\_\_\_\_

City/State/Zip \_\_\_\_\_ E-Mail \_\_\_\_\_

## Optional Registration Questions:

☐ Yes! “I’m More Than a Survivor” of cancer because of my RxExercise!

Type of Cancer(s): \_\_\_\_\_ Diagnosis Date: \_\_\_\_\_ Cancer Clear date: \_\_\_\_\_

☐ Yes! This is My First-ever Race Event!

☐ I’ve previously raced in CC Events - Estimated # \_\_\_\_\_

☐ I want info @ CC Programs like CC Travel-Team-Expenses-Paid “Ambassadorships” to inspiring 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, Anoka County Parks, 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 races any leashed or unleashed pets/animals.

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