



21st Annual 5K & 10K

Friday, June 8th, 2018 - Following opening ceremonies

Where: The race will begin and end at the southwest entrance to Mitchell Middle School, 800 West 10th Avenue, Mitchell, SD.

Divisions: Age groups are as follows:

- 14 and under
- 15-24
- 25-40
- 41-55
- 56+

Awards: Medals will be awarded to the top three female and top three males in each of the 5 divisions for both the 5K and 10K run. Awards will be mailed to the address on your registration form the week after the run takes place. Times will be given as you cross the finish line and times and placing will also be posted online following the run. There will be no announcement on the stage this year of running placements.

Registration: Pre-registration is preferred. **The first 40 runners pre-registered 5K/10K runners will receive a meal ticket for the night of the run.** Complete the entry form below and return it to the address indicated. Entry fees are \$15 per person due **by June 1st** or \$20 per person **after June 1st**. Children 14 and under may participate for \$10. You may also register the day of the event at the southwest entrance to the Middle School parking lot. To view a course map or to receive a registration form online, visit our website at <http://www.mitchellheartandsole.com>. If you have any questions or concerns, please contact Jodi Jennings at info@mitchellheartsole.com

Race Day Check-In: All participants must report to the southwest corner of the Middle School grounds between 5:30 PM and 6:30 PM to pick up a race packet. Look for the table designated as Heart & Sole Cancer Run Registration. No roller blades, bicycles, or pets will be allowed in the race.

I wish to participate in the Heart & Sole Cancer Run to be held in Mitchell, SD on Friday, June 8, 2018. Enclosed is my non-refundable entry fee.

Name: _____

Address: _____

City/State/Zip: _____

Email Address: _____

Send to:	Heart & Sole Run PO Box 236 Mitchell, SD 57301
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Division Information (circle one)

5K 10K

Male Female

Age as of 6/8/2018:

Liability Waiver

I hereby release all race sponsors, hosts, and volunteers from all claims directly or indirectly arising from any participation in the Heart & Sole Cancer Run. I further certify that I have full knowledge of the risks involved in this event and that my name may be used in a follow-up newsletter.

Signature _____ Date _____

Guardian Signature _____ Date _____
(if under 14)

Please make checks payable to: Heart & Sole Cancer Run.