



## "Wheel" Rise Above Cancer

Join us for the 22nd Anniversary of the Heart & Sole Cancer Walk/Run on Friday, June 14th, 2019, at the Mitchell Middle School, located at 800 West 10<sup>th</sup>. This year's Honorary Co-Chairs are: **Ryker Earl, Kirsten Harless, & Mike Tobin**. The Walk will begin at 6:30 pm, and the Run will begin following the opening ceremonies.

### TEAM UP FOR THE 22nd ANNIVERSARY HEART & SOLE CANCER WALK/RUN

- Ø Teams are made up of at least 10 members. You will receive 10 t-shirts.
- Ø Additional t-shirts may be purchased for \$15 each.  
(We are sorry, but luminaries may not be used to purchase additional t-shirts.)
- Ø Team Registration is a minimum of \$175 and may be earned by luminary sales or individual contributions.
- Ø Please remember the purpose of the walk is to raise money for area families affected by cancer. We sell several items at the walk to help raise more money. Although walkers may have the best intentions, please do not distribute any items from campsites.
- Ø We are encouraging ALL teams to decorate their campsites with this year's walk theme of "CARNIVAL FUN".

### TEAM SPONSORS

- Ø \$175 fee to be considered a "team". This money can be raised by selling luminaries. Feel free to raise MORE!
- Ø 10 free t-shirts per team
- Ø Campsite to decorate as you wish

### SOLE LEVEL SPONSORS

- Ø \$500 - \$999 donations\*
- Ø Option to purchase campsite for \$175. Luminary sales can be used for campsite fee
- Ø Sponsor's name will be listed on back of the event t-shirt

### HEART LEVEL SPONSORS

- Ø \$1,000 or more donation\*
- Ø 10 free t-shirts per team
- Ø Team Campsite will be located in the first two rows to decorate as you wish
- Ø Sponsor's banner on the stage area
- Ø Sponsor's name and logo will be listed on back of the event t-shirt

\*Donations do not include money raised through luminary sales.

# TEAM CAPTAINS:

Please take note of the DEADLINES listed!

## Important Dates:

**Wednesday, April 23, 2019 – TEAM REGISTRATIONS DUE!**

Send team registration forms, indicating t-shirt sizes to:

Heart & Sole  
PO Box 236  
Mitchell, SD 57301

Phone: 605-996-1484

E-mail: [info@mitchellheartandsole.com](mailto:info@mitchellheartandsole.com)

**Wednesday, May 22, 2019 – T-SHIRT PICKUP**

T-shirts may be picked up from 12 PM – 6 PM at

**First Lutheran Church  
411 North Duff  
Mitchell, SD.**

Remember to bring your team registration, summary form, and luminary sales money your team has raised. (The team with the most money raised will be given an award at the walk on June 14, 2019)

**Friday, June 14, 2019 – 22nd Annual Heart & Sole Cancer Walk/Run!**

Campsites will be available at noon on this date. Campsite numbers will be located at the front/center of your site. We encourage you to decorate your campsites. This year's theme is: "CARNIVAL FUN".

No pets, roller blades, bicycles or skateboards are allowed on the field/track. Tobacco and alcohol is prohibited on school property. Not responsible for lost or stolen items.

Thank you for your continued support of this event.

We are looking forward to our 22nd Anniversary celebration! It's going to be AWESOME!!!

**Tuesday, June 4, 2019 – PIE AUCTION**

Don't forget to listen to Q-107 on June 4th for the annual Pie Auction! All proceeds go to the Cancer Walk! If you are interested in donating a dessert for the auction, contact us at [info@mitchellheartandsole.com](mailto:info@mitchellheartandsole.com).

Thank you & see you there!

- Heart & Sole Cancer Walk/Run Committee



Team Name: \_\_\_\_\_ Contact Person: \_\_\_\_\_

Sponsor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Shirts are RED this year!**

**Adult T-Shirt Sizes \$15.00**

- \_\_\_\_\_ Small
- \_\_\_\_\_ Medium
- \_\_\_\_\_ Large
- \_\_\_\_\_ X-Large
- \_\_\_\_\_ 2 X-Large
- \_\_\_\_\_ 3 X-Large
- \_\_\_\_\_ 4 X-Large
- \_\_\_\_\_ 5 X-Large

**Youth T-Shirt Sizes \$15.00**

- \_\_\_\_\_ Small
- \_\_\_\_\_ Medium
- \_\_\_\_\_ Large

**NOTE:** Each team receives **10 T-shirts**, (may be a combination of adult or youth T-shirts only) Please add \$15.00 for each additional T-shirt over 10. Luminaries may not be used to pay for additional T-shirts. Please include money for additional shirts with your Team Summary.

Return this form to Heart & Sole, PO Box 236, Mitchell, SD 57301 or e-mail [info@mitchellheartandsole.com](mailto:info@mitchellheartandsole.com) by **Monday, April 23, 2019**. DO NOT include any money – please bring your Team Summary, Team Registration Fee, extra T-shirt money and luminary donation money collected with you when you pick up your t-shirts on **Wednesday, May 22, 2019** at the First Lutheran Church from 12-6 PM.

**Pre Order shirts only:**

**Adult Hooded Sweatshirts (available in Adult sizes only)**

S – XL \$30.00 each / 2XL & 3XL \$34.00 each

- \_\_\_\_\_ Small
- \_\_\_\_\_ Medium
- \_\_\_\_\_ Large
- \_\_\_\_\_ X-Large
- \_\_\_\_\_ 2 X-Large
- \_\_\_\_\_ 3 X-Large

**Adult Women's Racerback Shirts (available in Adult sizes only)**

S – XL \$15.00 each / 2XL \$17.00 each

- \_\_\_\_\_ Small
- \_\_\_\_\_ Medium
- \_\_\_\_\_ Large
- \_\_\_\_\_ X-Large
- \_\_\_\_\_ 2 X-Large

**Infant and Toddler T-shirts - \$12.00 each**

- \_\_\_\_\_ 6 mo.
- \_\_\_\_\_ 12 mo.
- \_\_\_\_\_ 18 mo.
- \_\_\_\_\_ 24 mo.
- \_\_\_\_\_ 2 Toddler
- \_\_\_\_\_ 3 Toddler
- \_\_\_\_\_ 4 Toddler
- \_\_\_\_\_ 5/6 Toddler

**Please order carefully!!!**  
**Any orders received after April 23, will be filled on first come and availability basis.**



## 2019 Team Summary

**Please bring completed form on May 22nd!**

TEAM NAME: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone/E-mail: \_\_\_\_\_

Team Registration (\$175 paid by sponsor) \$ \_\_\_\_\_

Team Luminaries \_\_\_\_\_ # sold \$ \_\_\_\_\_  
(Luminaries sold to be applied towards registration fee)

Donations \$ \_\_\_\_\_

Luminaries  
(Sold but not used for registration fee) \_\_\_\_\_ # sold \$ \_\_\_\_\_

T-shirts (extra shirts purchased - \$15 each) \_\_\_\_\_ # sold \$ \_\_\_\_\_

**Total** \$ \_\_\_\_\_

Notes:



## 22nd Annual 5K & 10K

Friday, June 14th, 2019 - 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+

**Times:** 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 2nd or \$20 per person after June 2nd. 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](mailto: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 14, 2019. Enclosed is my non-refundable entry fee.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

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

5K    10K

Male    Female

Age as of 6/14/2019: \_\_\_\_\_

**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.**

## LUMINARY SALES

Luminaries honor individuals who have lost the fight with cancer, and also those individuals who have won or continue to fight the battle.

Luminaries will be available at the local banks for purchase. Forms are also available online at [www.mitchellheartandsole.com](http://www.mitchellheartandsole.com)

## "WHEEL" RISE ABOVE CANCER!

MITCHELL AREA HEART & SOLE CANCER WALK/RUN

MITCHELL MIDDLE SCHOOL – W. 10<sup>TH</sup> & MINNESOTA  
Friday, June 14, 2019, 6:30 PM Walk & Run (following opening ceremonies)

Candlelight Ceremony - Approximately 9:30 PM

For more team information, contact Brenda McPeck at (605) 996-1484.  
For more luminary information contact Josh Rasmussen at (605) 999-3263.  
Or email at [info@mitchellheartsole.com](mailto:info@mitchellheartsole.com)

Payments and luminary forms may be sent to:

**Heart and Sole  
PO Box 236  
Mitchell, SD 57301**

Or dropped off at either CorTrust Bank location:

**CorTrust Bank N.A.  
719 North Main  
Mitchell, SD 57301**

**CorTrust Bank N.A.  
100 East Havens  
Mitchell, SD 57301**



I wish to purchase \_\_\_\_\_ luminary(s) at \$5.00 each. One name per luminary (\$5) please. **PLEASE PRINT ALL INFORMATION.** Thanks!

In Memory  
 In Honor    **Name:** \_\_\_\_\_  
PLEASE PRINT - ONE NAME PER LINE

In Memory  
 In Honor    **Name:** \_\_\_\_\_  
PLEASE PRINT - ONE NAME PER LINE

Purchased by: \_\_\_\_\_

Phone: \_\_\_\_\_ Amt. Enclosed: \_\_\_\_\_

Luminaries may be purchased for \$5.00 each until Thursday, June 13, 2019. Luminaries may also be purchased at the Middle School on the night of the walk for \$10.00 each. For more information: [www.mitchellheartandsole.com](http://www.mitchellheartandsole.com).

Mail luminary forms and money to: PO Box 236, Mitchell, SD 57301 or drop off at either Cortrust Bank location in Mitchell.



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# **MITCHELL AREA CANCER WALK/RUN**

MITCHELL MIDDLE SCHOOL—W 10TH & MINNESOTA

Friday, June 14, 2019 at 6:30 PM

*Run will begin following the Opening Ceremonies.*

**CANDLELIGHT CEREMONY AT DUSK**

For more team or luminary information visit our website

**[mitchellheartandsole.com](http://mitchellheartandsole.com)**

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