



"COWBOY UP FOR A CURE"

WE'VE MOVED!

Due to some COVID protocol and attendance restrictions still in place with the school district, we have moved this year's walk/run to Hitchcock Park.

Please join us for the 24th Anniversary of the Heart & Sole Cancer Walk/Run on Friday, June 18th, 2021, at the Mitchell Hitchcock Park, located at 1201 E. Hanson Ave. Come out and enjoy the added shade, more seating, new route and new luminary display this year! We will still have the great food and great entertainment this year from Captain's Entertainment. This year's Honorary Co-Chairs are: **Keara Hohn and Emily Trebil**. The Walk will begin at 6:30 pm, and the Run will begin following the opening ceremonies.

***NEW* TEAM INFO FOR THE 24th ANNIVERSARY HEART & SOLE CANCER WALK/RUN**

- Team Registration this year is \$150 and may be earned by luminary sales or individual contributions.
- Teams are made up of at least 10 members. You will receive 10 t-shirts for the \$150 team fee and FREE access to the VIP team camp area.
- This year, your team registration will give you FREE access to a special VIP section around the stage area at Hitchcock Park. The VIP area will be roped off, so that only registered teams may enter, however individual sites will not be measured or marked, you can set your "camp" up anywhere in the VIP area. Access to the VIP area will begin at 3 pm on Friday. Please be respectful of social distancing with space between sites.
- Additional t-shirts may be purchased for \$15 each.
(We are sorry, but luminaries may not be used to purchase additional t-shirts.)
- 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.
- We are encouraging ALL teams to decorate their camp area with this year's walk theme of "COWBOY UP FOR A CURE".

Other sponsor levels:

HEART LEVEL SPONSORS

- \$1,000 or more donation*
- 10 free t-shirts per team
- Team Campsite will be located in special "Heart Sponsor" area in front of the stage
- Sponsor's logo on banner at the front of the stage area
- Sponsor's name and logo will be listed on back of the event t-shirt

SOLE LEVEL SPONSORS

- \$500 - \$999 donations*
- Option to purchase campsite for \$120. Luminary sales can be used for campsite fee
- Sponsor's name 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:

Friday, April 23, 2021 – 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

Wednesday, May 26, 2021 – 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 19, 2021)

Friday, June 18, 2021 – 24th Annual Heart & Sole Cancer Walk/Run!

VIP and sponsor campsite areas will be open starting at 3 pm on Friday to set up your camp. We will not have specific numbers or blocks for each camp, please use your best judgement for social distancing and be respectful of space between sites. We encourage you to decorate your campsites. This year's theme is: **"COWBOY UP FOR A CURE"**.

No pets, roller blades, bicycles or skateboards are allowed on the field/track. Tobacco and alcohol is prohibited on city property. Heart & Sole is not responsible for lost or stolen items.

Thank you for your continued support of this event.

We are looking forward to our 24th Anniversary celebration! We know that changing of locations isn't always ideal we are doing our best to still support and raise money to help our community members that have been affected by cancer. The park is a great space and will provide an enjoyable evening to celebrate and remember our loved ones! It is going to be AWESOME!!!

Thank you & see you there!

- Heart & Sole Cancer Walk/Run Committee



Team Name: _____ Contact Person: _____

Sponsor's Name: _____

Address: _____

Phone: _____ Email: _____

Shirts are WHITE this year!

Adult T-Shirt Sizes \$15.00

- _____ Small
- _____ Medium
- _____ Large
- _____ 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.

These sizes are \$17

- _____ 2 X-Large
- _____ 3 X-Large
- _____ 4 X-Large
- _____ 5 X-Large

Return this form to Heart & Sole, PO Box 236, Mitchell, SD 57301 or e-mail info@mitchellheartandsole.com by **Friday, April 23, 2021**. 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 26, 2021** 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.



2021 Team Summary

Please bring this completed form on May 26th!

TEAM NAME: _____

Contact Person: _____

Phone/E-mail: _____

Team Registration (\$150 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:



24th Annual 5K & 10K

Friday, June 18th, 2021 - Following opening ceremonies

Where: The race will begin and end at the tennis court parking lot off Foster Street at Hitchcock Park, 1201 E. Hanson Ave, 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 4th** or \$20 per person **after June 4th**. Children 14 and under may participate for \$10. You may also register the day of the event at the tennis court parking lot off Foster Street. 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@mitchellheartandsole.com

Race Day Check-In: All participants must report at the tennis court parking lot off Foster Street between 5:30 PM and 6:30 PM to check in. 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 18, 2021. 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 6/14/2021:

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.

Luminary forms are available online at www.mitchellheartandsole.com or email info@mitchellheartandsole.com to have a form emailed to you.

COWBOY UP FOR A CURE!

MITCHELL AREA HEART & SOLE CANCER WALK/RUN

MITCHELL HITCHCOCK PARK – 1201 E. Hanson Ave.

Friday, June 18, 2021, 6:30 PM Walk & Run (following opening ceremonies)

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

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 17, 2021. Luminaries may also be purchased at Hitchcock Park the night of the walk for \$10.00 each. For more information: 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

Hitchcock Park - 1201 E Hanson

Friday, June 18, 2021 at 6:30 PM

Run will begin following the Opening Ceremonies.

For more team or luminary information visit our website

mitchellheartandsole.com

or e-mail us at info@mitchellheartandsole.com

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