



## 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](mailto: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: \_\_\_\_\_

<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 6/14/2021:

**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.**