



Please join us to celebrate our 25th year of helping cancer patient in Mitchell and the surrounding areas. The Heart & Sole Cancer Walk will be on **Friday, June 17th, 2022**, at the Mitchell Hitchcock Park, located at 1201 E. Hanson Ave. Come out and enjoy the new location, we had a great time last year! We will have great food and great entertainment this year from Captain's Entertainment. We will be honoring all past Honorary Co-chairs from the previous 24 years. *The 5K and 10K run will now be on **Saturday, June 18th** at the DWU Avera Sports & Wellness Complex. See the information included in this packet.*

TEAM INFO FOR THE 25th 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.
- 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 4 pm on Friday. Please be respectful of social distancing with space between sites.
- Additional t-shirts may be purchased for \$18 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. This year has no specific theme, we are **Celebrating 25 years of Heart & Sole!**

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 display 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 \$150 and receive 10 shirts. (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, May 13, 2022 – TEAM REGISTRATIONS DUE!

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

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

Phone: 605-770-2038

E-mail: info@mitchellheartandsole.com

Tuesday, June 7, 2022 – 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.

Tuesday, June 7, 2022—Q107.3/KORN News Radio/1490 Annual Pie Auction

Donations of pies or desserts are welcome.

Friday, June 17, 2022 – 25th Annual Heart & Sole Cancer Walk

VIP and sponsor campsite areas will be open starting at 4 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 there is no specific theme, we are **"CELEBRATING 25 YEARS"**.

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

Thank you for your continued support of this event.

We are looking forward to our 25th Anniversary celebration! We are hoping that everyone enjoys the evening and comes out to 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!

Thank you & see you there!

- Heart & Sole Cancer Walk/Run Committee



Team Name: _____ Contact Person: _____

Sponsor's Name: _____

Address: _____

Phone: _____ Email: _____

Shirts are Light Blue this year!

Adult T-Shirt Sizes \$18.00

- _____ Small
- _____ Medium
- _____ Large
- _____ X-Large

Youth T-Shirt Sizes \$18.00

- _____ Small
- _____ Medium
- _____ Large

NOTE: Each team receives **10 T-shirts**, (may be a combination of adult or youth **T-shirts** only) Please add \$18.00 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 \$20

- _____ 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 **Wednesday, May 13th**. 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 **Tuesday, June 7, 2022** at the First Lutheran Church from 12-6 PM.

Pre Order shirts only:

Adult Hooded Sweatshirts (available in Adult sizes only)

S – XL \$34.00 each / 2XL & 3XL \$38.00 each

- _____ Small _____ Medium _____ Large _____ X-Large _____ 2 X-Large _____ 3 X-Large

Adult Long-sleeved shirts (available in Adult sizes only)

S – XL \$25.00 each / 2XL & 3XL \$28.00 each

- _____ Small _____ Medium _____ Large _____ X-Large _____ 2 X-Large _____ 3 X-Large

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

S – XL \$18.00 each / 2XL \$20.00 each

- _____ Small _____ Medium _____ Large _____ X-Large _____ 2 X-Large

Infant and Toddler T-shirts - \$15.00 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 May 13 will be filled on first come and availability basis.



2022 Team Summary

Please bring this completed form on June 7

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:

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.

CELEBRATING 25 YEARS OF SERVICE

MITCHELL AREA HEART & SOLE CANCER WALK

MITCHELL HITCHCOCK PARK – 1201 E. Hanson Ave.
Friday, June 17, 2022, 6:30 PM Walk

For more team and luminary information, contact Brenda McPeek at (605) 770-2038.
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 16, 2022. 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 17, 2022 at 6:30 PM

5k/10k Run is SATURDAY June 18th at DWU/Avera Sports & Wellnes Complex
Registration at 9:30 am Run beings at 10 am

For more team or luminary information visit our website
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Hitchcock Park - 1201 E Hanson

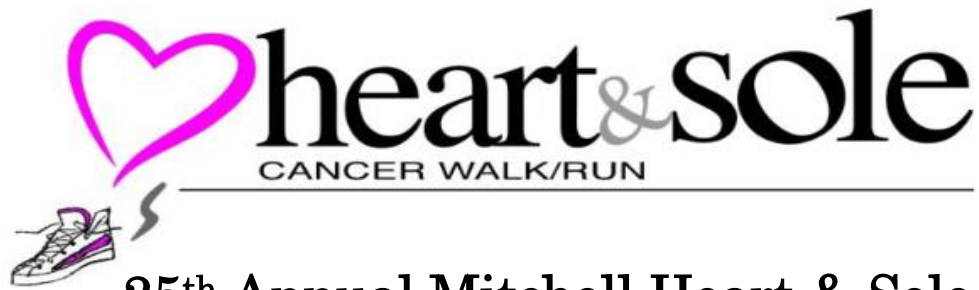
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25th Annual Mitchell Heart & Sole 5K

Saturday, June 18th, 2022

Register at 9:30 am | Run at 10:00 am

Join us in supporting the 25th anniversary of Mitchell Heart & Sole by running/walking in the 5K race! Proceeds from the race will go toward financial assistance for patients in the Mitchell community who are currently undergoing cancer treatment. The race will start and end on Norway street across from the **DWU/Avera Sports & Wellness Complex** (near the DWU/LB Williams campus entrance). Race day registration will begin at 9:30 am with a race time of 10 am. Runners who register before June 1st will receive a free race day t-shirt (t-shirt not guaranteed after June 1st). Registration will be open online from May 1st- June 18th.

For information about the race and to sign up, go to:

<https://runsignup.com/Race/SD/Mitchell/2022HeartSole5K>



Race route: The route will begin on the DWU/Avera Sports & Wellness Complex campus at 500 W Norway. Route will begin at the start line on the sidewalk and head east on Norway street, turn north on Rowley, west on McCabe, south on Williams, and back east on Norway. Upon returning to the start, runners will follow the path to the inside loop of the DWU campus and back around to the start.

