



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.

