



**10th Annual 5K, 10K & 1.7 Mile Fun Run
Friday, June 17, 2011 7:00 PM**

Where

The race will begin and end at the southwest entrance to the Mitchell Middle School 800 West 10th Avenue, Mitchell, SD.

Divisions

Age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Awards

Medals will be awarded to the top three male and top three female finishers in each of the 7 divisions for both the 5K and 10K run. Additionally, all participants registered by June 10th will receive a Heart & Sole Cancer Run tank top. Participants registered after that date will receive a tank top upon availability.

Registration

Pre-registration is preferred, but not required. Complete the entry form on this web site and return it to the address indicated. Entry fees are \$15 per person by June 11th, \$18 per person after June 11th. 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. A course map is also available on this web site as well. If you have any questions or concerns, please contact Trevor Dean at (605) 995-0355 or tcttdean@mit.midco.net.

Race Day Check-In

All participants must report to the southwest corner of the Middle School grounds between 5:45 PM and 6:45 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.