



**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 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. 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 below and return it to the address indicated. Entry fees are \$15 per person by June 10th, \$18 per person after June 10th. 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. 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 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.

I wish to participate in the Heart & Sole Cancer Run to be held in Mitchell, SD on Friday, June 17, 2011 at 7:00 P.M. Enclosed is my non-refundable entry fee.

Name: _____
 Address: _____
 City/State/Zip: _____

Send to: Trevor Dean
 708 S. Minnesota St
 Mitchell, SD 57301

Division Information (circle one)

5K	10K	1.7 Mile Fun Run	Male	Female	Age as of 6/17/11:
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Tank Top size	Adult X-Large	Adult Large	Adult Medium	Adult Small
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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 _____
 Guardians Signature _____ Date _____
 (if under 18)

Please make checks payable to the **Heart & Sole Cancer Run**