



The **Heart & Sole Cancer Walk** will be on **Friday, June 16th, 2023**, at Mitchell Hitchcock Park, located at 1201 E. Hanson Ave. Come out and enjoy the great park setting, luminaries, music, raffles, kids' area, and food! Our honorary Co-chairs this year are:

Denise Royston, Adalyn Schmit & Jerry Thomsen

*There is a NEW DATE for the 5K and 10K run: **Saturday, June 3rd** at the DWU Avera Sports & Wellness Complex. See the registration information included in this packet.*

TEAM INFO FOR THE 2023 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 is 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 \$20 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 our theme is "Give Cancer the Squeeze!" Check out this year's logo in the packet.

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:

Monday, May 15, 2023 – TEAM REGISTRATIONS DUE!

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

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

Phone: 605-645-2854

E-mail: info@mitchellheartandsole.com

Wednesday, May 31, 2023 – 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. *

Thursday, June 8, 2023—Q107.3/KORN News Radio/1490 Annual Pie Auction

We are looking for more donations of pies or desserts! Please drop off donations to Nedved Media
Wednesday June 7th or before 9am on Tuesday June 8th.

Friday, June 16, 2023 –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.

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 annual celebration & fundraiser! We are hoping that everyone enjoys the evening and comes out to support 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



****Please return this form to by [May 15](#) to order your t-shirts or email sizes and team name to info@mitchellheartandsole.com****

Team Name: _____

Contact Person: _____

Address: _____

Phone: _____ Email: _____

Shirts are Dark Teal this year!

Adult T-Shirt Sizes

_____ Small

_____ Medium

_____ Large

_____ X-Large

These sizes are \$22

_____ 2 X-Large

_____ 3 X-Large

Youth T-Shirt Sizes

_____ Small

_____ Medium

_____ Large

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

Return this form to Heart & Sole, PO Box 236, Mitchell, SD 57301 or e-mail info@mitchellheartandsole.com by **Monday, May 15th**. 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 **Wednesday, May 31st, 2023** 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 \$20.00 each / 2XL \$22.00 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

4 Toddler _____ 5/6 Toddler

Please order carefully!!!
Any orders received after May 15 will be filled on first come and availability basis.

2023 Team Summary



Please bring this completed form on May 31st

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 \$ _____
(Sold but not used for registration fee)

T-shirts (extra shirts purchased - \$15 each) _____ # sold \$ _____

Total \$ _____

Notes:

“Give Cancer the Squeeze”



MITCHELL AREA HEART & SOLE CANCER WALK

MITCHELL HITCHCOCK PARK – 1201 E. Hanson Ave.
Friday, June 16, 2023, 6:30 PM
Opening Ceremonies and Walk begins



*There is a NEW DATE for the 5K and 10K run: **Saturday, June 3rd** at the DWU Avera Sports & Wellness Complex. See the registration information included in this packet.*

LUMINARY SALES

Luminaries honor individuals who have lost the fight with cancer, and 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.

For more team and luminary information, contact Darcy Sabers at (605) 645-2854.
Or email at info@mitchellheartandsole.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.
100 East Havens or 719 North Main
Mitchell, SD 57301



Annual Mitchell Heart & Sole 5K

Saturday, June 3rd, 2023

Registration at 8:30 am | Race begins at 9:00 am

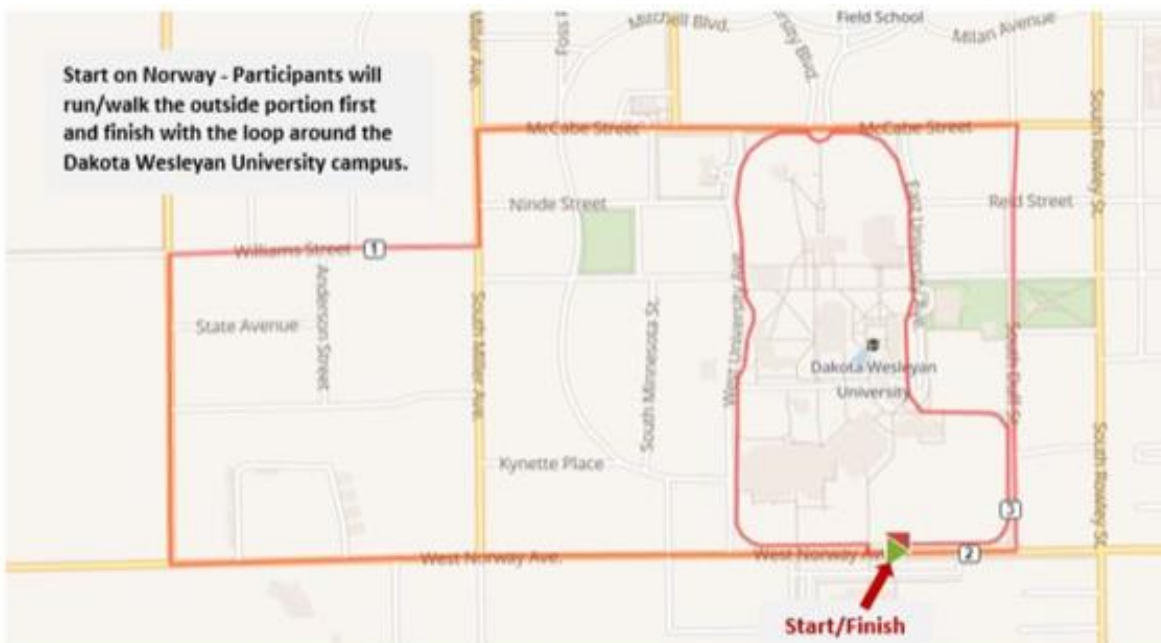
Please join us for the Mitchell Heart & Sole run/walk! Proceeds from the race will go toward financial assistance for patients in the Mitchell community who are currently undergoing cancer treatment. All our funds stay local!

The run will start and end on Norway street across from the DWU/Avera Sports & Wellness Complex (near the DWU/LB Williams campus entrance).

- The first 50 participants to register will receive a free Heart & Sole tumbler!
- Registration will be open online starting on May 1st.
- For information about the race and to sign up, go to:
<https://runsignup.com/Race/SD/Mitchell/2023HeartSole5K>



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 South Duff, 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.





Annual
Q107.3 / KORN 92.1 / KORN
NEWS RADIO 1490

Pie and Dessert
Auction

THUR. JUNE 8TH

10AM - 12PM

LISTEN & BID ON DELICIOUS
DESSERTS!

DONATED DESSERTS CAN BE TAKEN TO NEDVED MEDIA (723 N
ROWLEY) ON WEDNESDAY OR BY 8AM THURS. MORNING

CALL 996-1073 OR 996-1490



I wish to purchase _____ luminary (s) at \$5.00 each. One name per luminary (\$5) please.
PLEASE PRINT ALL INFORMATION. Thank you for your support!

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: _____ Amount Enclosed: _____

Luminaries may be purchased for \$5.00 each until Thursday, June 15, 2023 at Noon. After that, luminaries may be purchased at the event at Hitchcock Park for \$10.00 each. For more information visit www.mitchellheartandsole.com.

Mail luminary forms & money to PO Box 236, Mitchell, SD 57301 or drop off at either CorTrust Bank location in Mitchell.



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