



After much consideration to the COVID-19 pandemic, complying with physical distancing guidelines, the 23rd Annual Heart & Sole Cancer Walk will be different this year. We will be having a Virtual Walk and a Virtual 5k walk/run instead. This means you can still have your teams, but instead of our traditional gathering on June 19, 2020, we invite you to participate anytime and anywhere leading up to June 19. Our city has great bike paths, and trails, or even indoors on your treadmill or at your gym. We still want to raise money to show support for our loved ones, friends and family that are fighting cancer.

On Friday June 19, 2020 from 6:30 pm – 8:00 pm we will be “Cruisin’ for Cancer” and have a car cruise on the Main St./ Lawler St. loop to show our support to our loved ones that are currently or have battled cancer. This is a leisurely, on your own cruise. Our honoraries will start the loop at 6:30 and their stories will be broadcast on Q107 courtesy of Nedved Media during our live remote from the Corn Palace Plaza.

All types of cars, current or classic, trucks and motorcycles are welcome to attend!

This year’s Honorary Co-Chairs are: **Parker Fenner, Mary Alexander & Mark Vaux.**

There will be a special lighted luminary board on display outside in the Corn Palace plaza, starting June 19th thru the end of the month, so please purchase luminaries to honor or remember your loved ones and their brave battles with cancer.

We will have information on our Facebook page and website soon about how to post your teams participation for entry to win a special prize! So, get a team together and support this great community event! There are numerous other ways to support the event this year. Visit the following websites for information!

To purchase t-shirts (logo as seen at the top of the page) visit:

<https://https-sungoldsports-com.printavo.com/merch/heart--sole-2020>

We will be hosting an online raffle and you can purchase luminaries thru this site:

<https://go.rallyup.com/heartandsolecancerwalk>

Visit our website www.mitchellheartandsole.com for the virtual 5k Run/Walk form, luminary forms and additional information on how to donate.

Thank you for your continued support and helping us keep our tradition going of providing financial assistance to our community.

