



23rd Annual 5K Run Registration

Where:

Due to Covid-19, the 2020 Heart & Sole 5k will be virtual. We are asking for participants to complete their run before June 19th. You can run the route of the previous year's Heart & Sole 5k runs, or run one of your own favorite 5k route. Take a picture before and after your run, and your fitness tracker if you use one. Post it to your Facebook page, tag Mitchell Heart & Sole in your post, and use #heartsole5k. If you don't use Facebook you can email us at info@mitchellheartandsole.com. To view a course map or to receive a registration form online, visit our website at <http://www.mitchellheartandsole.com>.

Registration:

Please mail your registration to Heart & Sole at PO Box 236 or drop off at Sun Gold Sports by June 10th, along with \$20 and you will receive this year's t-shirt in the size of your choice. Shirts can be picked up at Sun Gold Sports or shipped to you for an additional \$7. Late registration may limit size and availability of shirts.



I wish to participate in the Heart & Sole Cancer 5k Virtual Run. Enclosed is my non-refundable entry fee.

Name: _____

Address: _____

City/State/Zip: _____

Email Address: _____

T-Shirt Size: _____

Send To: Heart & Sole Run
PO Box 236
Mitchell, SD 57301



TOTAL ENCLOSED (check one): **SHIPPED \$27** **PICKUP \$20**

Please make checks payable to: Heart & Sole Cancer Run