

HEART & SOLE RUN

June 12, 2010

**5K • 10K • 2 Mile Health Walk • Triumph Trek
RCCA Western Regional 5K Championship**

St. Vincent Healthcare's 31st Annual Heart & Sole Run

Join 2,500 runners and walkers, men, women, and children, in the 31st Annual Heart & Sole Run in Billings, Montana. A distance for every ability! This year Race Runners Club of America recognizes the 5K as The Western Regional 5K Championship. Everyone who enters the 5K is eligible.

All races begin at 8:30 on N. 30th St. in front of St. Vincent Healthcare. Snacks and fun activities in Grandview Park for all ages! For beginners who want to do a short distance around a circular track, there is the Triumph Trek. Spend the day in Billings. Join the Strawberry Festival downtown following the awards ceremony.

You can register online at www.svfoundation.org, mail in registration forms or register in person in the St. Vincent Healthcare Lobby Thursday, June 10, and Friday, June 11, from 10 – 6. No registration on race day. Register by May 21 to be guaranteed an official race t-shirt. After May 21, all paid entries will receive t-shirts but no guarantee of size.

Put together a team of 4 – 10 co-workers, friends or family members and receive a \$3 discount per team member. Team members can register for different categories. To qualify, the team captain must submit all entry forms with the payment at the same time or register online under the team section. Entry fees before Thursday, June 10th (entry includes t-shirt) - \$18 adults and \$9 children (8 and under). Registration on June 10th and 11th is an additional \$2.

Medals will be awarded to the first 3 places in the 5K and 10K in 15 age groups for males and females. Additional plaques will be awarded to the 5K Championship Overall Winners, Masters and Grandmasters.

Funds raised at the Heart & Sole Run will provide scholarships at St. Vincent Healthcare for people with serious heart or lung problems who need supervised exercise programs and can not afford them and scholarships for the YMCA Strong-Kids Youth Support Campaign.

Call St. Vincent Healthcare Foundation at 237-3600 for more information or log on to www.svfoundation.org.

Presented by partners: St. Vincent Healthcare Foundation, WellsFargo, YMCA, KOHL'S