



St. Vincent Healthcare
Foundation

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28th Annual

HEART & SOLE RUN 2007

Billings, Montana

5K • 10K • 2 MILE HEALTH WALK • 1/2 MILE STROLL • RRCA MONTANA 5K STATE CHAMPIONSHIP

RRCA MONTANA 5K STATE CHAMPIONSHIP

Saturday, June 9, 2007

28th Annual

HEART & SOLE RUN 2007

Billings, Montana



St. Vincent Healthcare
Foundation

WELLS
FARGO



PRESENTING SPONSORS



St. Vincent Healthcare
Foundation

WELLS
FARGO

MAJOR SPONSORS



St. Vincent Healthcare
Heart Center



Montana
Heart
Institute



OFFICIAL RACE LODGING

All out of town runners are invited to take advantage of special race discounts at the Hilltop Inn (1-800-878-9282). Identify yourself as a race participant.

ASSOCIATE SPONSORS

Montana Orthopedics & Sports Medicine
Hilltop Inn
Orthopedic Surgeons, PSC

RACE BENEFITS

Proceeds provide scholarships for people with serious heart or lung problems who need supervised exercise programs but can't afford them. A portion of the proceeds will help support The Heritage Trail and the Go Play! marketing campaign.



The Heart & Sole Run is supporting the **GO PLAY** marketing campaign and its goal to motivate people to go play on the trails and bike lanes in the community. Learn more at the Go Play! table.

THE HERITAGE TRAIL The Heart & Sole Run is supporting The Heritage Trail, the infrastructure for the Greater Billings non-motorized trail system, providing opportunities for multipurpose community recreation

100
SOLUCENT
TOP HOSPITALS

Named a Top 100 Hospital
in Cardiovascular 5 Times.

28th Annual

HEART & SOLE RUN



2007
Billings, Montana

RUN WITH ALL YOUR HEART

Saturday, June 9, 2007

5K • 10K • 2 MILE HEALTH WALK
1/2 MILE STROLL

RRCA MONTANA 5K STATE CHAMPIONSHIP

LOCATION All races begin and end at Grandview Park, N. 30th and Poly Drive, north of St. Vincent Healthcare. 5K and 10K are USATF Certified.

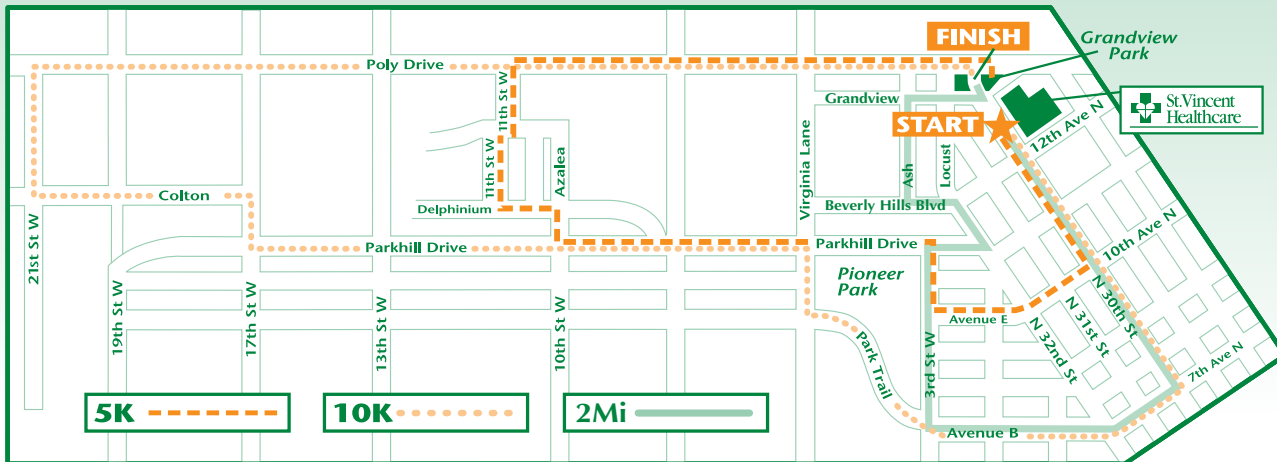
RACE SCHEDULE

- 7:00-8:15 Packet Pick Up
- 8:30 Shot gun start for All Timed Races and 2 Mile Walk
- 8:40 Start for 1/2 Mile Stroll
- 9:00 Park activities begin
- 10:00 Dynamite Dash for kids 6 and under
- 10:30 Awards Ceremony

ENTRY FEE

- \$15 Registration Fee includes t-shirt
- \$8 Children (6 and under)
- \$15 T-shirt only
- \$16 T-shirt XXL

AWARDS Medals will be awarded to the Overall Winners, the first place Masters, and the first 3 finishers in all age divisions. No medals will be awarded in the 2 Mile Health Walk or the 1/2 Mile Stroll. Children in strollers or otherwise aided are not eligible for awards. Times posted on www.svfoundation.org and sent to your email address if provided.



St. Vincent Healthcare
Foundation



REGISTRATION TO REGISTER BY MAIL, send your entry form and check to:
Special Events Coordinator
St. Vincent Healthcare Foundation
P.O. Box 35200, Billings, MT 59107-5200
Please make checks payable to St. Vincent Healthcare Foundation. **REGISTER EARLY TO GET YOUR T-SHIRT SIZE.**

REGISTER IN PERSON at St. Vincent Healthcare Lobby, **THURSDAY AND FRIDAY ONLY**, June 7, 8, 10am-6pm. *T-shirt size not guaranteed.*

DEADLINE Registration ends 6pm, Friday, June 8th. No changing of race distances once registered. **NO RACE DAY REGISTRATION.**

PACKET PICKUP FOR MAIL-IN ENTRIES Race packets with t-shirts will be available at St. Vincent Healthcare Lobby, **THURSDAY AND FRIDAY**, June 7, 8, 10am-6pm. and **SATURDAY**, 7-8:15 am at Grandview Park.

1/2 MILE STROLL! Fun event for those interested in a short distance not timed. Pick up map and instruction sheet at Registration.

RRCA MONTANA 5K STATE CHAMPIONSHIP For a second year the 5K has been designated the official RRCA (Road Runners Club of America) Montana State Championship. Everyone entering the 5K is automatically in the state championship. No additional registration required.

FAMILY FUN, PRIZES AND REFRESHMENTS There will be family fun and entertainment all morning in Grandview Park. Free snacks and beverages for participants and their families! The Dynamite Dash for kids 6 and under follows the race. And after the award ceremony, visit the Strawberry Festival downtown.

Spirit of Women. Every woman 18 or older will receive a free Spirit of Women membership (\$10 value), which provides free or reduced pricing on health screenings and admission into events, great discounts at over 40 local businesses, quarterly newsletter and t-shirt. Check the box on the entry form and watch for your Spirit of Women packet in the mail.

FOR MORE INFORMATION
Call St. Vincent Healthcare Foundation at 237-3600.

Run/Walk Entry Form

Last Name

First Name Sex M/F

Address

City

State Zip Phone (day)

Age on June 9, 2007 Phone (evening)

Birth Date Email address

M M D D Y Y

Race Number

CATEGORIES

- 5K (3.1 miles)
- 10K (6.2 miles)
- 2 Mile Health Walk
- 1/2 Mile Stroll (not timed)
- T-shirt only

Send free Spirit of Women membership.

DIVISIONS

age on June 9, 2007

- 8 & under
- 9-13
- 14-19
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85 & over

T-SHIRTS PAYMENT

- Youth M
- Youth L
- Adult S
- Adult L
- Adult XL
- Adult XXL *additional \$1.00*
- Cash
- Check
- SV Deduct

WAIVER & AGREEMENT

Entry form not valid unless signed/dated below:
In consideration of your accepting my/my child's registration in the Heart & Sole Run, I hereby, for myself, my child, my heirs, executors and personal representative, waive and release any and all rights and claims for damages I or my child may have against the sponsors, organizers, and race day volunteers of said race, their representatives, successors, and assigns for any and all damages or injuries incurred due to my/my child's participation in said race. I grant full permission to sponsors and organizers of said race to use my/my child's name, or photographs, videotapes, and other recordings of participation in this event, without obligation or liability to me and my child.

Signature _____ Date _____
Parent or guardian must sign for minors.