

RUN THE VALLEY REGISTRATION FORM

Send completed entry form and check payable to
Golden Valley Human Services Foundation by April 8, to:

GVHSF
c/o Golden Valley Park & Recreation
200 Brookview Parkway
Golden Valley, MN 55426

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Day Phone: _____

Email: _____

Age: _____ Birthdate: _____

VISA/Mastercard #: _____

Expiration Date _____

Signature _____

Male Female

Preferred T-shirt size: S M L XL

Event: 5K Run 5K Walk 10K Race

Release Form

I am entering this event at my own risk and assume all risk and responsibility for injuries I may incur as a direct or indirect result of my participation in this event. I for myself and my heirs and executors, also agree not to hold any participating sponsor or supporters or the directors, employees, and agents of such parties responsible for any such injury or damage suffered. I verify that I have full knowledge of the risks involved with this event, and that I am physically fit and sufficiently trained to participate in it.

Signature of runner/walker

Signature of parent or guardian if racer is under 18

Prefer to register online? Go to zapevent.com or active.com.

Questions? Call 763-512-2345



Golden Valley Human Services Foundation
200 Brookview Parkway
Golden Valley, MN 55426

17TH ANNUAL RUN the VALLEY



5K/10K RUN & WALK



APRIL 9, 2011

8:30 am – 5K Run

8:40 am – 10K Run

8:45 am – 5K Walk

Davis Community Center

at Meadowbrook Elementary

5430 Glenwood Ave | Golden Valley



Run the Valley

Entry Fee: \$20: Before March 1
No Refunds \$25: March 1–April 8 (by 3 pm)
\$35: Day of Race

Registration

• In Person

Register in person by Friday, April 8, 2011 at Brookview Community Center, 200 Brookview Parkway (M-F, 8 am–4:30 pm; April 7, 1 pm–7 pm; April 8, 8:30–3 pm).

• By Mail or Fax

Register by mail or fax anytime, but entry forms and fees must be received by 3 pm Friday, April 8 (see entry form for details). Fax entry with VISA/Mastercard information to 763-512-2344.

• Online

Register online at www.zapevent.com or www.active.com by April 6.

• Race Day

Register at Davis Community Center/Meadowbrook Elementary on race day between 7:15 and 8 am.

Payment with cash (in-person only) check, or VISA/Mastercard must accompany registration.

Race Packets

Pre-registered runners can pick up race packets and long-sleeve T-shirts April 7 (1–7 pm) and April 8 (8:30 am–3 pm) at Brookview Community Center. All others can be picked up on race day beginning at 7:15 am. The GVHSF will try to accommodate T-shirt size requests.

Course

The certified course runs through residential Golden Valley. Start and finish will be near the Meadowbrook Elementary parking lot (one block west of Hwy 100 and Glenwood at Xenia Ave). Water stops will be provided.

After the Race

Post-race complimentary snacks and chair massages will be provided. Runners' times will be posted at the end of the race and posted on the Web at www.raceberryjam.com and www.andersonraces.com (Sunday) and www.goldenvalleymn.com (Monday).

Awards

Immediately following the race, commemorative medallions will be given to the first place male and female runners in each age category (under 19, 20–29, 30–39, 40–49, 50–59, 60–69, 70 and over) for both the 5K and 10K Runs. Walkers will not receive awards.

Questions? Call 763-512-2345



Mission

Identify the community's needs for human services.

Develop guidelines to evaluate funding requests and allocate to human service organizations that meet the identified needs of the community.

Determine funds needed and strategies to provide funding through charitable gambling proceeds, fundraisers, or community events.

Guidelines for Funding

- The service provided is for Golden Valley residents at a time of crisis or need.
- The services must not be duplicated by a level of government.
- The service must include cooperation or collaboration between organizations.
- The organization should use the funds granted by the Foundation to serve Golden Valley citizens.
- Funding shall be granted to human service organizations and not to an individual or individuals.
- Funding will not be granted to any organization licensed in the City for lawful gambling operations.

The Golden Valley Human Services Foundation allocates money to the following organizations:

- Crisis Connection
- Greater Minneapolis Crisis Nursery
- Home Free Shelter
- The Bridge For Youth
- Senior Community Services
- NW Suburban Dinner At Your Door
- Prism
- Tree House

2010 Corporate Sponsors

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Cable 12
City of Golden Valley
Liberty Diversified Industries
Lupient Enterprises

Special Thanks To Our 2010 Sponsors

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Golden Valley Federated Women's Club
Great Glacier Water
Old Fashioned Donut Shoppe

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Road ID
Valley Pastries
Yoplait USA