

# RUN THE VALLEY REGISTRATION FORM

Send completed entry form and check payable to  
Golden Valley Human Services Fund by April 13 (3 pm), to:

**GVHSF**

**c/o Golden Valley Park & Recreation**

**200 Brookview Parkway S**

**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

*\*T-shirt size guaranteed if registered by March 1.*

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](http://zapevent.com) or [active.com](http://active.com).

**Questions? Call 763-512-2345**