



RUN THE 2025 VALLEY

30TH ANNIVERSARY | 5 & 10K WALK & RUN



Saturday, April 26, 2025

7:45 am - 0.2 Kids Fun Run | 8:00 am - 10K Run | 8:10 am - 5K Run | 8:15 am - 5K Walk

REGISTRATION

• In Person

Register in person by Friday, April 25, 2025 (by 2 pm) at Brookview, 316 Brookview Parkway.

• By Mail

Registration by mail (including fees) must be received by 2 pm Friday, April 25 (see entry form for details).

• Online

Register by April 25
www.goldenvalleymn.gov/RTV (click "Registration").

• Race Day

Register at Brookview on race day between 7 and 7:45 am.

Fee

\$40: By Feb 28

\$45: March 1–April 25 (by 2 pm)

\$50: Day of Race

\$25: 5k Walk

+ processing fee

Kids 0.2K Fun Run - \$5

(Includes race number and participation ribbon)

No Refunds

Payment with cash (in-person only) check, or VISA/Mastercard/Discover/American Express must accompany registration. Phone registrations not accepted.

RACE PACKETS

Runners can pick up race packets (bib and shirt) April 25 (11:30 am–1:30 pm) at Brookview. All others can be picked up on race day beginning at 7 am.

COURSE

The course runs through residential Golden Valley. Start and finish will be near Brookview. Water stops will be provided. Participants must be off the course by 9:45 am.

2025 RUN THE VALLEY ROUTE



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 online at www.andersonraces.com (late Saturday) and www.goldenvalleymn.com (Monday).

AWARDS

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, 70–79, and 80 over) for both the 5K and 10K Runs. Walkers and youth runners will not receive awards.

SPECIAL THANKS TO OUR 2024 SPONSORS

GOLD

- City of Golden Valley
- Forward Spine Center
- Lunds & Byerlys Golden Valley
- The Club at Golden Valley

SILVER

- Bassett Creek Dental

IN KIND SERVICE & DONATION

- General Mills
- Caribou Coffee Golden Valley
- CCX Media
- Forward Spine Center

Questions? Call 763-512-2345

Brookview
316 Brookview Pkwy S, Golden Valley, MN 55426



Run The Valley REGISTRATION FORM

No Refunds

Completed entry form and check payable to City of Golden Valley must be received by Friday, April 25 (2 pm).

GVCSC
c/o Golden Valley Park & Recreation
316 Brookview Parkway S
Golden Valley, MN 55426

Address _____ City _____ State _____ Zip _____

Age On Race Day _____ Date of Birth _____ Male Female _____ Amount Enclosed _____

Would you like a 2025 RTV T-Shirt? Yes No If Yes, what size? Small Medium Large X-Large Event 0.2K Kids Fun Run 5K Run 5K Walk 10K Race

VISA/Mastercard/Discover/American Express # _____ Ex Date _____ Sec Code _____

Signature of runner/walker
X _____

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 to hold neither the City of Golden Valley nor any participating sponsor, nor supporter nor the directors, employees, or 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 parent/guardian if racer is under 18
X _____