



Run The Valley 2025

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.

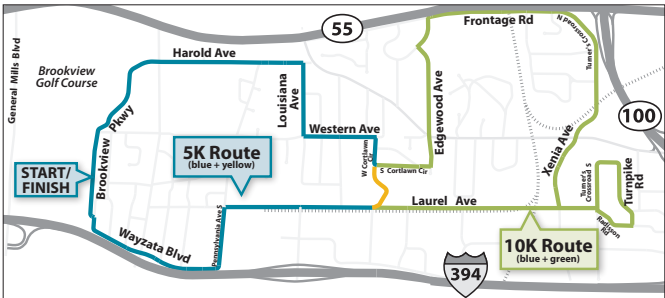
RACE PACKETS

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.

HELPING THE GOLDEN VALLEY COMMUNITY

The Golden Valley Community Services Commission (GVCSC) advises the City Council on allocation of funds to meet human service needs in the community. Each year, this board of citizen volunteers reviews funding requests and allocates 100 percent of what it raises to local organizations that serve Golden Valley residents at a time of crisis or need.

2025 GVHSC FUND ALLOCATIONS

- Bridge For Youth
- CEAP — Meals on Wheels
- Crisis Nursery
- Damascus Way
- HUG
- PRISM
- ResourceWest
- Senior Community Services HOME Program
- Senior Community Services Outreach
- Sojourner Project
- YMCA

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		Name		Phone	
		Email			
Address		City		State	Zip
Age On Race Day	Date of Birth	<input type="radio"/> Male <input type="radio"/> Female		Amount Enclosed	
Would you like a 2025 RTV T-Shirt? <input type="checkbox"/> Yes <input type="checkbox"/> No	If Yes, what size? <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large		Event <input type="checkbox"/> 0.2K Kids Fun Run <input type="checkbox"/> 5K Run <input type="checkbox"/> 5K Walk <input type="checkbox"/> 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 _____					