

Run The Valley REGISTRATION FORM

Completed entry form and check payable to Golden Valley Human Services Commission must be received by Fri, April 22 (2 pm).

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

Name: _____

Address: _____

City: _____ State: _____

ZIP: _____ Day Phone: _____

Email: _____

Age on Race Day: _____ Date Of Birth: _____

VISA/Mastercard/Discover/American Express #:

Exp Date: _____ Sec Code: _____

Amount Enclosed: _____

Signature: _____

Male Female

Would you like a 2022 Run The Valley T-shirt?

Yes No

If yes: Small Medium Large X-Large

Event:

0.2K Kids Fun Run 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 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 runner/walker

Signature of parent or guardian if racer is under 18

Questions? Call 763-512-2345



Golden Valley Human Services Fund
316 Brookview Parkway S
Golden Valley, MN 55426

RUN THE VALLEY

Saturday, April 23, 2022

7:45 am - 0.2 Kids Fun Run

8:00 am - 10K Run

8:10 am - 5K Run

8:15 am - 5K Walk



The Golden Valley Human Services Commission
uses all proceeds to benefit
Golden Valley residents in need

Brookview

316 Brookview Parkway S
Golden Valley, MN 55426

RUN THE VALLEY

Entry Fee: \$40: By Feb 28
No Refunds \$45: March 1–April 22 (by 2 pm)
 \$50: Day of Race
 \$25: 5k Walk
 + processing fee

Kids 0.2K Fun Run - \$5
 (Includes race number and participation ribbon)

REGISTRATION

- In Person**
 Register in person by Fri, April 22, 2022 (by 2 pm) at Brookview, 316 Brookview Parkway.
- By Mail**
 Registration by mail (including fees) must be received by 2 pm Fri, April 22 (see entry form for details).
- Online**
 Register by April 22 by 2 pm at www.goldenvalleymn.gov/RTV (click "Registration").
- Race Day**
 Register at Brookview on race day between 7 and 7:45 am.

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

RACE PACKETS

Runners can pick up race packets (shirt and chip) April 22 (10 am–2 pm) at Brookview. All others can be picked up on race day beginning at 7 am.

SPECIAL THANKS TO OUR 2021 SPONSORS

GOLD

CCX Media
 City of Golden Valley
 Lunds & Byerly's - Golden Valley
 Liberty Packaging (LDI)

SILVER

Bassett Creek Dental
 TrueStone
 Golden Valley Kids Dental
 Advances in Orthodontics
 Xcel Energy

BRONZE

Fluency Digital Inc.
 Gary Metchnek Edina Realty
 Bold North Recovery
 Go Health Chiropractic
 Burton Land Company
 Andy Johnson for Golden Valley City Council
 Denise La Mere-Anderson for Golden Valley
 Gillian Rosenquist for Council

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.

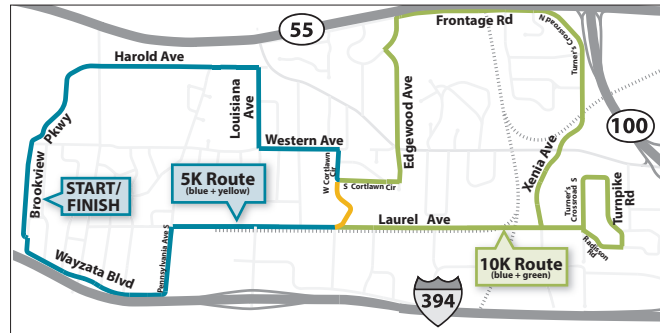
AFTER THE RACE

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 and over) for both the 5K and 10K Runs. Walkers and youth runners will not receive awards.

Questions? Call 763-512-2345



2022 RUN THE VALLEY ROUTE

HELPING THE GOLDEN VALLEY COMMUNITY

The Golden Valley Human Services Commission (GVHSC) 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.

The GVHSC raises funds by hosting two annual events—Run the Valley in April and the Golden Valley Greens Classic in Aug—and by soliciting support from the community through its Annual Fund Drive. The GVHSC also receives 10 percent of the charitable gambling proceeds collected in the Golden Valley.



2022 GVHSC FUND ALLOCATIONS

- HUG
- CEAP — Meals on Wheels
- PRISM
- ResourceWest
- Senior Community Services HOME Program
- Senior Community Services Outreach
- Sojourner Project
- Crisis Nursery
- Valley of Peace Church
- YMCA