

RUN THE VALLEY REGISTRATION FORM

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

You may also register online at www.active.com.

Questions? Call 763-512-2345

City of
Golden Valley

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

16TH ANNUAL RUN THE VALLEY 5k/10k RUN & WALK



APRIL 10 ★ 2010

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 9 (by 3 pm)
\$35: Day of Race

Registration

- **In Person**
Register in person by Friday, April 9, 2010 at Brookview Community Center, 200 Brookview Parkway (M-F, 8 am–4:30 pm; April 8, 8 am–7 pm; April 9, 8:30–3 pm).
- **By Mail or Fax**
Register by mail or fax anytime, but entry forms and fees must be received by Thursday, April 8 (see entry form for details). Fax entry with VISA/Mastercard information to 763-512-2344.
- **Online**
Register online at www.active.com by April 7.
- **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 8 (1–7 pm) and April 9 (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.

2009 Corporate Sponsors

Golden Valley Rotary
Liberty Diversified Industries
Lupient Enterprises
Cable 12

Special Thanks To Our 2009 Sponsors

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BNC National Bank
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City of Golden Valley
Einstein Bros Bagels
Go Health Chiropractic
Great Glacier Water
Old Fashion Donut Shoppe
Perkins Family Restaurant
Valley Pastries
Yoplait USA



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
- Community Mediation Program
- The Bridge For Youth
- Senior Community Services
- Suburban NW Dinner
- At Your Door
- Tree House
- YMCA