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RIVER VALLEY RUN



August 14, 2010

River Valley Ranch • Manchester, MD



10k Trail Run 8:00 a.m.
5k Road Run 8:30 a.m.
Kids Fun Run 9:15 a.m.

River Valley Run
River Valley Ranch
4443 Grave Run Road
Manchester, MD 21102



RACE TO BENEFIT

The proceeds from this year's run will be going toward the Doc Shaffer Memorial Fund to provide scholarship assistance for underprivileged children who otherwise would not be able to attend camp and also towards the construction of a new high ropes challenge course for the Ranch's Outdoor Education program. We are truly thankful for the support we receive and your partnering with us to provide these opportunities to the children whose lives we are seeking to impact.



Since 1952, River Valley Ranch has provided an exciting and life-changing camp experience to hundreds of thousands of young people from all over America. We strive to provide an exciting camp experience combined with an emphasis on the spiritual needs of youth. It is our hope that any camper who wishes to attend River Valley Ranch can do so despite their social or economic situations.

PLEDGES & PRIZES

Visit www.rivervalleyranch.com for more information on ways you can collect pledges or to create your own online pledge page. Collect pledges and win prizes!

Raise over \$100 to receive an Under Armour Long Sleeve tech shirt

Raise over \$500 to receive an iPod Shuffle and an Under Armour Long Sleeve tech shirt

Medals will be awarded to the top three male and female runners in each race. Age group awards to the top male and female in the following age groups: 15 and under; 16-19, 20-29, 30-39, 40-49, 50-59, and 60+.



What people are saying about the River Valley Run

"The best race I've ever run in my 20 years of running"

"Great finish over the covered bridge with the huge sycamore tree!"

"My first event and I will definitely do this again."

"The scenery was spectacular"

"The post race breakfast rivaled the best I've ever had!"

"Course was great! Perfect hills and trails including the awesome river crossing!"

"The variety of course was great!"

"Very well organized and prepared"

"Love the scenery: rivers, hills, woods, open fields, horses, bison...you name it!"

REGISTRATION

Online: www.rivervalleyranch.com/rivervalleyrun
Online registration closes at 11:59 p.m. on Wednesday, August 11, 2010.

By Mail: visit www.rivervalleyranch.com and download a registration form pdf. Make check payable to **River Valley Ranch**. Do not mail race entries after August 7, 2010.

Entry fee: \$35 before August 8, \$40 up to and on race day. \$15 fee for Kid's Fun Run.

Upgrade to Under Armour!

River Valley Run Under Armour Long Sleeve Heat Gear Tech-T. Men's shirt comes in Timber & Women's shirt in True Gray Heather – \$24.99 Order by 8/1.

Pre-Race Packet Pick-up
Friday, August 13 from 1 – 6 p.m.

Charm City Run Timonium
2045 York Road • 410-561-3570

TEAM CHALLENGE

Here's your chance to recruit some friends, family, neighbors, or co-workers to be a part of the River Valley Run Team Challenge and win some great prizes! Prizes will be awarded for largest team AND the team raising the most money in pledges. Get your group together, create a team name and nominate a captain (any group of five or more qualifies as a team). Be sure to have everyone fill in the team name on the registration form.

Grand Prize for Winning Teams:
River Valley Ranch Adventure Experience

For more details on the Team Challenge as well as team eligibility information, visit www.rivervalleyranch.com.

ON RACE DAY

Saturday, August 14, 2010, registration and packet pick-up begins at 6:30 a.m. and ends at 8:00 a.m.

5K Road: a scenic run through shaded, relatively flat country roads, past our herd of buffalo finishing through our authentic 19th century western town. Water provided on the course (as available) and at the finish line. Splits at the one and two mile marks.

10K Trail: a mud sloshing, root slipping, river crossing, dirt on your shirt adventure through our 500 scenic acres. Four water stations will be provided on the course (as available) and at the finish line.

Kids Fun Run: Untimed one mile trail run perfectly suited for young athletes. Kids will receive a shirt, bib number & toy medal for participating in the race.



Post Race Round-up: We will recognize the top participants in each age group and hand out pledge prize awards as well as a number of random giveaways for all race participants (all

who have a bib number). A continental breakfast buffet (including fresh fruit, yogurt, bagels, Chick-Fil-A chicken biscuits and more) will be available for race participants as well as time to relax and cool down with activities for the entire family.

Kids Coral Drop-Off: Want to run with your spouse but have no childcare? No problem! Bring your child, ages 2+, to our Kid's Coral and we'll watch them while you run! This will also be the location where Kids Fun runners will go if their parents are running (the Kids Fun Run will take place at 9:15 a.m.). The Kids Coral will open at 7:30 a.m. and will close at 9:30 a.m. MUST register ahead of time (can be done during registration). The cost is \$5 per child and spaces are limited.

VOLUNTEERS & DIRECTIONS

Race volunteers needed! We are looking for high school students and older to help with registrations, race set-up and tear-down, the post-race round-up, and much more. If you are interested in volunteering, email Nicole Diem at nrdiem@comcast.net.

River Valley Ranch is located at 4443 Grave Run Road, in Manchester, Maryland. For directions, please visit www.rivervalleyranch.com and click on the **About Us** link at the top and select **directions to rvr**.



Generously sponsored by:



Looking for the registration form...

**Good Cause –
Good Stewards:
River Valley Run's
Pledge of Sustainability**

To achieve the FitPlanet Seal of Sustainability, we have pledged not to mail paper registration forms. Participants are encouraged to register online or print and mail in a registration form by visiting www.rivervalleyranch.com/rivervalleyrun.

We've
gone
green!



Since we believe we are called to be good stewards of God's creation, we are making a strong effort to reduce the environmental impact of the River Valley Run.

To do this we have partnered with Active.com and FitPlanet to sign a Pledge of Sustainability to adopt a series of eco-practices that will help achieve this goal. We encourage all participants in the River Valley Run to join us in adopting as many of these as you are able.

For more information and ways that you or your company can help the River Valley Run promote sustainability, email goodstewards@rivervalleyrun.com or visit us online at www.rivervalleyranch.com/rivervalleyrun.