

## Sponsors

FURMAN INSTITUTE OF RUNNING



AND SCIENTIFIC TRAINING



(864) 834-4151

**Green Valley Road Race**  
PO Box 5678  
Greenville, SC 29606



**32nd RUNNING!**

Saturday  
February 7, 2009  
Furman University  
Greenville, SC

8 Kilometer - 8:30 a.m.  
10 Mile Run - 8:45 a.m.

**2009**

# Green Valley Road Race

WELCOME, FOR THE 32ND TIME!

The Green Valley Road Race continues its tradition of hosting two races during South Carolina's winter. February may be a cold month to run, but it sure is invigorating as well. Come join the fun! Let us know if we can help you. Ready . . . Set . . . Go . . . Have Fun!

*John Lehman* GVRREditor@greenvilletrackclub.com  
*Daniel Benitiz* GVRREditor@greenvilletrackclub.com

## Events

### 8 Kilometer Run & 10 Mile Run

## Entry

**8K or 10-miler** (Must identify race.)

\$20.00 (if mailed on or before 1/20/09)

\$25.00 (if mailed after 1/20/09)

\$30.00 (Race Day)

GTC - \$5.00 discount on registration.

To apply, you may mail in your registration, Green Valley Road Race, PO Box 5678, Greenville, SC 29606, use the online registration, [www.greenvilletrackclub.com](http://www.greenvilletrackclub.com), or in person register at either Run In, 2007 Augusta Road, Greenville, 370-9721, or at Gateway Family Medicine, 406 N. Poinsett Highway, Travelers Rest, 834-4151.

## Age Groups

Both races male and female: 14 and under; 15-19; 20-24; . . . every 5 years to 69; and over 70.

## Awards

Awards will be given to age group and overall winners (five deep). Awards will be given out immediately after the races.

## Amenities

Commemorative windbreaker guaranteed to all pre-registered runners, subject to availability for race day entries. Two water stations on 10 mile course. Refreshments available at the finish.

## Packet pick up and Late Registration

Packets may be picked up on Friday, February 6, 2009, from Noon until 7:00 pm, at Gateway Family Medicine, 834-4151, or on race day from 7:00 - 8:15 am at the Paladin Stadium, Furman University. Race day registration closes at 8:15 am for the 8K and 8:30 am for the 10 miler.

## Directions



**For More Information and Online Registration, Visit:  
[www.greenvilletrackclub.com](http://www.greenvilletrackclub.com)**

**A portion of the proceeds will go to TEAM-in-Training. (an organization which raises money through training and running for Leukemia and Lymphoma research.)**

## Registration and Personal Information

Make checks payable and mail completed form to: Green Valley Road Race, Box 5678, Greenville, SC 29606.

Please check appropriate spaces for the following:

8K  10 Miler   
Female Runner  Male Runner   
Windbreaker Size:  (S)  (M)  (L)  (XL)  (XXL)

I would like to help with the race.

Entry Fees: \$20.00 (Postmarked on or before 1/20/09)  
\$25.00 (Postmarked after 1/20/09)  
\$30.00 (Race Day.)

Total Amount Enclosed \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on race day \_\_\_\_

Emergency Contact Name \_\_\_\_\_

Contact's Phone Number (\_\_\_\_) \_\_\_\_\_

## Waiver

In consideration of this entry, I, my heirs and administrators, hereby assign release of Green Valley Country Club, Furman University, Greenville Track Club, and all other sponsors, promoters, managers, directors, officials, agents, employees, and volunteers of the Green Valley Road Race from any and all claims of injury, illness, or damages suffered by me as a result of my participation in, traveling to, or traveling from this event. I realize this is a strenuous event that requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I know that although police protection will be provided, there will be traffic on the course. I assume the risk of running in traffic. I give my permission for the free use of my name and picture in any written account, broadcast, or telecast of this event.

Signature \_\_\_\_\_

Guardian \_\_\_\_\_ (If under 18)