



TRAFFIC ALERT – SHAFFER MILL AND GRAVE RUN ROADS
River Valley Run Trail Festival
15k (Trail), 10k (Trail), 5k (Road)
Kids Stampede (1 Mile Trail) and Toddler Trot

Millers (MD) – River Valley Ranch (RVR) will be hosting the River Valley Run, a 15K trail race, a 10K trail race, a 5K road race, a 1 mile Kids Fun Run and a Toddler Trot on Saturday, August 13, 2016 at 7:50 am. The proceeds from the River Valley Run will go to help fund summer camp scholarships for disadvantaged children as well as to the general sustainability of River Valley Ranch.

Festivities will begin at 7:30 a.m. Saturday morning with the 15K trail race warm up, gun will go off at 7:50am. The 10K follows suit with gun at 8:20 and the 5K gun is at 8:40am. The Toddler Trot starts at 10:00 am and the Kid's Stampede starts at 10:15 am.

There will be 10th Anniversary finisher medals for every runner and top placing award medals for race winners overall and in each age category listed on our website. There will be prizes for racers who fundraise for and/or donate to RVR, including a VIP breakfast buffet provided by Santoni's Catering and post race massage provided by FX Studios.

After the race, all running participants will be provided with post race food and refreshments and a Post-Race Round-Up with activities for the whole family.

The Awards Ceremony will begin at 10:30am.

The River Valley Run has received national attention by being rated the #4 10K in America by SeriousRunning.com. Men's Health Magazine rated the River Valley Run Trail Festival as "one of four epic trail races to do before you die". It was also recently listed as one of Active.com's Top Ten 10K races in the country and one of the 15 Best US Family Running Events by Runners World Magazine. In addition, the River Valley Run is part of the Trail Runner Magazine's National Trophy Series for 2016.

The River Valley Run will once again be a certified Green Event by both Active.com and A Fit Planet by greatly reducing the environment impact of the race. Some green initiatives include: cup-free trail courses with self dispensed hydration at all water stops for both the 10K and 15K, no bottled water, a reusable race bag and cup, a hybrid pace car, and recycled paper postcards.

Participants can register for the River Valley Run Trail Festival online at www.runrvr.com.

The following roadways will be closed to all traffic and motorists will need to utilize alternate routes around this area on August 13, 2016 during the hours of 7:45 am and 10:30 am: Shaffer Mill Road from Grave Run to just before Lineboro Rd East and Grave Run Road from just before Roller Road to Shaffer Mill Road.

Since 1952, RVR in northeast Carroll County, MD has provided an exciting and life-changing camp experience to hundreds of thousands of young people from all over America. It is RVR's hope that any camper who wishes to attend RVR can do so despite their economic situations. For further information regarding RVR, please contact Executive Director Jon Bisset at (443) 712-1010 or at www.rivervalleyranch.com