

23rd Annual Pleasant Valley Twilight Challenge

it's **21**
FOR A
REASON

Sunday
June 5, 2011



5K Race (3.1 miles)
1 mile Health Walk
Lollipop Loop

Prevent Underage Drinking

Sponsored by The Bernards Township Municipal Alliance Against Substance Abuse / Youth Services Commission, the Bernards Township Health Department, and the Department of Parks and Recreation.

Location: The race courses are within beautiful Pleasant Valley Park on Valley Road in Basking Ridge, NJ.

5K - Starts at 6 p.m.—Two cross country loops around the park. Pre-registration \$20 (received by Friday, June 3rd); \$25 on race day. All runners must pick up numbers on race day between 4 - 5:30 p.m. No numbers will be mailed.

Race Features—The 5K race is run on a combination of macadam, stone and grass. Awards to top overall male and female and top three runners in each age group in five-year increments from 10 and under to 80 and over. No duplicate awards. Aid stations at midpoint and finish. Digital clocks, split times and printed race results provided & posted by CompuScore Computer Services, www.compuscore.com. Convenient parking. **T-shirts guaranteed to pre-registered runners.**

1 Mile Health Walk—Starts at 5:30 p.m.—Registration is \$10. All health walkers will receive a complimentary gift. Walkers can pre-register or register on race day. The course is a scenic walk through picturesque Pleasant Valley Park!

Lollipop Loop—Starts at 5:15 p.m. For kids of all ages - a fun loop over a grassy field. Everyone's a winner!

Live Music by

Mama's Stew

www.mamasstew.com

Food & Drinks



Download Application or Register Online at:

www.compuscore.com

(look under June events)

Call (908) 204-2523 for more information



23rd ANNUAL PLEASANT VALLEY TWILIGHT CHALLENGE REGISTRATION FORM

Checks payable/mail to: Bernards Township Municipal Alliance, 262 South Finley Avenue, Basking Ridge, NJ 07920

Please print! One registration form per person.

LAST NAME: _____ FIRST NAME: _____ AGE ON RACE DAY: _____ DATE OF BIRTH: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____ PHONE: _____

EMAIL ADDRESS: _____ SHIRT SIZE: _____ (S-XL)

Please check: _____ 5K (\$20 pre-reg. / \$25 race day) _____ One mile health walk (\$10) SEX: M F

I hereby waive all liability against the Township of Bernards and their staff regarding my participation in the 23rd Annual Pleasant Valley Twilight Challenge. I declare that I am physically fit to participate in this event.

SIGNATURE: _____ DATE: _____

How did you hear about this race? _____ Word of mouth _____ Newspaper _____ CompuScore _____ Runners World
_____ Sneaker Factory _____ Cable TV _____ Metro Race Forum _____ Bernards Township Website _____ Other