

15th Annual Pleasant Valley



**Sunday
June 1, 2003
5:00 PM**

**5K Run (3.1 miles)
1 Mile Health Walk
Lollipop Loop**

Twilight Challenge

Location:

The race courses are within beautiful Pleasant Valley Park, Valley Road, Basking Ridge, NJ. Directions are on back.

5K - Starts at 6:00 PM:

Two cross country loops around the park. Pre-registration (received by Friday, May 30) \$15.00; \$18.00 on race day. All runners pick up numbers on race day between 4:00 - 5:30 PM. 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 5-year increments from 10 and under to 70 and over. No duplicate awards. Aid stations at midpoint and finish. Digital clocks, split times and printed race results - provided by CompuScore Computer Services, they will post your results on www.compuscore.com. Convenient parking. Post race refreshments. **T-Shirts guaranteed to pre-registered runners.**

1 Mile Health Walk - Starts at 5:30 PM:

Registration is \$5.00. All health walkers will receive a complimentary gift. Walkers can pre-register or can register on race day. The course is a scenic walk through picturesque Pleasant Valley Park!

Lollipop Loop - Starts at 5:15 PM:

For kids of all ages - a fun loop over a grassy field - Everyone's a winner!

CALL 908-204-2523 for more information
Or visit: <http://www.bernards.org/forms/tc.pdf>

The 15th Annual Pleasant Valley Twilight Challenge's goal of promoting family and individual health and wellness is sponsored by: The Bernards Township Health Department, The Bernards Township Municipal Alliance Against Substance Abuse, The Department of Parks and Recreation, and BT STOP (Bernards Township Smoking & Tobacco Organization Program).

Downloaded from CompuScore

15th ANNUAL PLEASANT VALLEY TWILIGHT CHALLENGE REGISTRATION FORM

Please make 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: _____

Please check: _____ 5K (\$15 pre-reg / \$18 race day) _____ One mile health walk (\$5) SEX: M F

I hereby waive all liability against the Township of Bernards and their staff regarding my participation in the 14th 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
_____ Cable TV _____ Metro Race Forum _____ Bernards Township Website _____ ATN Website _____ Other

DIRECTIONS TO PLEASANT VALLEY PARK

FROM 287

Take 287 to the Mount Airy Road - Liberty Corner exit (also signs for the VA Hospital and USGA). The exit does not have a number. If you were heading **north** on 287, you will make a right onto Mt. Airy Road. If you were heading **south** on 287, you will make a left onto Mt. Airy Road. Stay on Mt. Airy Rd and go to the second traffic light (1st light is Lyons Road, 2nd light is Valley Road). Make a left onto Valley Road. Park will come up on your left past Lurline Drive. If you pass the VA golf course, you've gone too far.

FROM 78

Take 78 to Exit 33 - Martinsville Rd (VA Hospital and USGA signs). If you were traveling **eastbound** on 78, take a left at the light at the end of the ramp. If you were traveling **westbound** on 78, you will make a right at the end of the ramp. Continue on Martinsville Road, passing the Somerset Hills Hotel on your right. After the hotel, make a right at the next traffic light onto Valley Road. Park will come up on your left past Lurline Drive. If you pass the VA golf course, you've gone too far.