

20th Annual Pleasant Valley



**Sunday
June 1, 2008
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.

5K - Starts at 6:00 PM:

Two cross country loops around the park. Pre-registration (received by Friday, May 30) \$15.00; \$20.00 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!

Online Registration

www.RaceForum.com/Twilight

CALL 908-204-2523 for more information

The 20th 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).

20th 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. / \$20 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 20th 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