

21st Annual Pleasant Valley

Sunday
June 7, 2009



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

Twilight Challenge

Out Run The Risk. Run For Tobacco Prevention.

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, June 5) \$20.00; \$25.00 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 80 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 \$10.00. 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

Online Registration at www.RaceForum.com/Twilight

The 21st 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 / Youth Services Commission, The Department of Parks and Recreation, and BT STOP (Bernards Township Smoking & Tobacco Organization Program).

21st 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 (\$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 21st 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