

# 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](http://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](http://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