

22nd Annual Pleasant Valley



**Sunday
June 6, 2010**

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

Twilight Challenge

Outrun The Risk. Run For Tobacco Prevention.

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 4); \$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. Post race refreshments. **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 can 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!

Download Application or Register Online at

www.compuscore.com
(look under June events)

Call (908) 204-2523 for more information



22nd 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: _____

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 22nd 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 _____ Other