



Upper Freehold Regional Education Foundation Presents:



The Community Twilight Challenge

2nd annual 5K run/walk and 1 mile kids fun run

DATE: Saturday, June 12, 2010

LOCATION: Allentown High School, Allentown, New Jersey 08501

REGISTRATION: 4:00 PM

RACE TIMES: Fun Run - 5:00 PM, 5K - 5:30 PM

ENTRY FEES: 5K - \$20 by May 22, \$25 after May 22

Kids Fun Run - \$10 by May 22, \$15 after May 22

COURSE: Moderate out and back loop beginning behind Allentown High School and continuing along a scenic country road

SCORING AND TIMING: BEST Racing Systems - BESTrace.com

Proceeds to benefit the Upper Freehold Regional Education Foundation

5K Awards

Top 3 overall M/F winners & top M/F

Age group winners:

<9, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59,
60-69, 70+

**** Special Award to largest group/team
completing the run/walk ****

Amenities

Short Sleeved t-shirt to all pre-registrants and
race day registrants while supplies last!

Goodie Bags to pre-registered 5K participants

Water stops

Post-race refreshments

**** RAFFLE ****

Information: Contact Kathy Cary kathyd.cary@gmail.com

Download this form at: www.bestrace.com Online Registration: www.raceforum.com/CTC

Directions: from NJ Turnpike take exit 7A. After toll follow I-195 East to exit 7, towards Allentown. At stop sign, turn right onto Main St. Turn left onto High St. School campus located on right @ 27 High Street, Allentown NJ 08501

First Name _____ **Last Name:** _____ **Phone:** _____

Address _____

City _____ **State** _____ **Zip** _____ **Email** _____

Date of Birth _____ **Age on race day** _____ **Sex** _____ **M** _____ **F**

T shirt size (circle) Adult S M L XL Youth S M L XL

Are you part of a group/team?(please specify) _____

_____ \$20 – 5K (before 5/22) _____ \$10 – Fun run (before 5/22)

_____ \$25 - 5K (after 5/22) _____ \$15 – Fun run (after 5/22)

CHECKS PAYABLE TO: UFREF

Mail to: UFREF, P.O. Box 109, Allentown, NJ 08501

WAIVER RELEASE: I hereby acknowledge and understand that participation in the Community Twilight Challenge is a potentially hazardous activity. I recognize that I should not enter and participate unless I am medically able and properly trained. I agree to abide by the decision of any event official relative to my ability to safely complete the course. I assume all risks associated with my participation in the event for which I am entering, including falls, contact with other participants; effects of any adverse weather conditions, traffic and road conditions. All of the above risks being known and appreciated by me. Having read and fully understood this waiver, knowing these facts and in consideration of acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release, Upper Freehold Regional Education Foundation, Upper Freehold Regional School District, all sponsors, their representatives, agents, successors and volunteers from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event or my likeness for any legitimate purpose. By signing my name below, I certify that I have read the terms and conditions of this release and do intend to be legally bound thereby.

Participant Signature or Parent/Guardian signature if entrant is under 18 yrs of age

Date