



Upper Freehold Regional Education Foundation Presents:



# The Community Twilight Challenge

1st annual 5K run/walk and 1 mile kids fun run

DATE: Saturday, June 6, 2009

LOCATION: Allentown High School, Allentown, New Jersey 08501

REGISTRATION: 4:00 PM

RACE TIMES: **Fun Run - 5:00 PM, 5K - 6:00 PM**

ENTRY FEES: 5K - \$20 by May 15, \$25 after May 15

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

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+

### Amenities

Short Sleeved t-shirt to all pre-registrants and race day registrants while supplies last!  
Goodie Bags to pre-registered 5K participants

Information: Contact Kathy Cary [kathyd.cary@gmail.com](mailto:kathyd.cary@gmail.com)

Download this form at: [www.bestrace.com](http://www.bestrace.com) Online Registration: [www.raceforum.com/CTC](http://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 5/15) \_\_\_\_\_ \$10 - Fun run (before 5/15)

\_\_\_\_\_ \$25 - 5K (after 5/15) \_\_\_\_\_ \$15 - Fun run (after 5/15)

**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