



3rd Annual The Community Twilight Challenge




Proceeds to benefit the Upper Freehold Regional Education Foundation

5K run/walk & 1 mile fun run

Music by

The Gabe Manak Band

myspace.com/manakmusic

Saturday May 21, 2011

**Allentown High School
Allentown, NJ 08501**

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

Scoring and Timing by
BEST Racing Systems
Moderate Course
on Scenic Country Road
T-shirts and Goodie bags
to registrants
while supplies last!

Water stops
post-race refreshments
RAFFLE!

5K awards:
Top 3 Overall M/F
Top Age Group M/F
<9 to 60+, in 10 yr increments

**Registration/Packet pick-up: 4:00 pm
Fun Run 5:00 / 5K 5:30**

Name: _____ Phone: _____
Address _____
City _____ State _____ Zip _____ Email _____
Date of Birth _____ Age on race day _____ Male _____ Female _____

T shirt size (circle)	Adult	S	M	L	XL	Youth	S	M	L
_____ 5K Pre-Registration	\$20					_____ 5K	\$25 (after 5/1)		
_____ Fun run Pre-Registration	\$10					_____ Fun run	\$15 (after 5/1)		

Make 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

Download form at www.BestRace.com

Register online at www.RaceForum.com/CTC

Questions: kathyd.cary@gmail.com