



## PRESS RELEASE

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### Runners Prepare for Annual Run Through the Lincoln Tunnel

*April event benefits athletes of Special Olympics New Jersey.*

LAWRENCEVILLE, NJ — The Lincoln Tunnel Challenge 5K Fun Run/Walk for Special Olympics New Jersey takes place Sunday, April 25. The event, in its 24<sup>th</sup> year, benefits the more than 21,000 athletes with intellectual disabilities that train and compete in New Jersey year round.

A USATF certified 5K race, the Lincoln Tunnel Challenge begins at the south tube of the tunnel in Weehawken. Participants then run or walk through the tunnel to NYC and back. Runners with 5K finish times of under 25 minutes will start at 8 a.m.; all other participants will start at 8:45 a.m. Participants can register as individuals or in teams. Category prizes will be awarded at the conclusion of the race as well as box seats to a Yankees game for the top two fundraisers.

A free shuttle bus will transport runners from Manhattan at 41st St. between 8th and 9th Avenues to the race start and back. Free parking is available at the NJ Transit Bus parking lot adjacent to the Lincoln Tunnel Administration Building at 500 Boulevard East and at 1200 Lincoln Harbor Boulevard in Weehawken.

This year participants have the option of picking up their race items and souvenir shirt on Saturday, April 24 from 6 to 9 p.m. at the Sheraton Lincoln Harbor Hotel, who is also offering a pasta dinner that evening to all participants for a nominal fee.

The Lincoln Tunnel Challenge is a rain or shine event and is only open to the first 3,500 registered individuals. Participants can register online at [www.2010ltc.org](http://www.2010ltc.org). The registration fee is \$25 on or before April 15, \$35 after and onsite. (USATF members receive a \$2 discount until April 15th.) Runners and walkers are then encouraged to use online fundraising tools to reach higher incentive levels.

The Lincoln Tunnel Challenge is presented by AmeriHealth New Jersey; hosted by the Port Authority NY/NJ; and sponsored by the Law Enforcement Torch Run for Special Olympics New Jersey. For more information visit [www.2010ltc.org](http://www.2010ltc.org) or call (609)896-8000. Visit [www.sonj.org](http://www.sonj.org) for additional information on getting involved with Special Olympics New Jersey.

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***ABOUT SONJ: Special Olympics New Jersey provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.***