

Trotter's Specials

- Cash Prize Awards to the Top Male and Female Finishers
- Trophies to Age Group Winners
- Pot Luck Bib Prizes

Our Race Offers: Mile Markers Complimentary Pre and Post Race Refreshments

- ✓ One Application per Trotter
- ✓ Completed and Signed Entry Form
- ✓ Circle T-Shirt Size
- ✓ Check or Money Order Enclosed. Families should be on one check. (NO CASH)
- ✓ Mail your entry or donation to:
Mountainside PAL "Cop Trot"
c/o Mountainside PD
1385 Route 22 East
Mountainside, NJ 07092

Drop Offs are Welcome at
Police Headquarters



OR



WE



Attention! Flat Foot Patrol Section

*Thanks, I'm not a Runner,
but would like to "Post Bail"
by Being A:*

Above and beyond the call of duty\$300 & Up
 Chief's Corporate Donor \$300
 Yes, absolutely, we'll take more than \$300
 Captain's Champion..... \$200
 Lieutenant's Loyalist \$150
 Sergeant's Supporter \$100
 Corporal's Chum \$50
 Patrolman's Pal \$25
 Running Rookie ...any amount under.... \$25

**Above and beyond the call of duty
and a Chief's Corporate Donor
Places Your Name or Your
Company's Name on the Back of our
Official PAL 2003 "Cop Trot" T-Shirt**

Indicate below how you would like
your name or your Company name
to appear on the "Cop Trot" T-Shirt

Name should appear as above
(please mail back with registration form)

MOUNTAINSIDE PAL 4TH ANNUAL "COP TROT", 5K RUN / WALK

Mail Checks to:
Mountainside PAL, 1385, Route 22 East
Mountainside, NJ 07092

- I am entering (check one)
- 5K Walk / Run Adult
- 5K Walk / Run Child (14 and Under)
- Family Rate *

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone: _____

Circle One: MALE FEMALE
 Age (Race Day) _____ Date of Birth _____
 USATF# _____
 T-Shirt (Circle One) S M L XL XXL
 Total Amount Enclosed _____

* ONE ENTRY PER APPLICATION - Applications May be Reproduced, Family Applications Should Be Submitted Together

I cannot participate, but I would like to help with a Tax-Deductible Donation of \$25 \$50 \$100 \$150 \$200 \$300 Other _____

LIABILITY AND PUBLICITY RELEASE: (failure to sign with date will delay processing of your application) Please accept my entry in the Mountainside PAL 5K Cop Trot. I hereby state that I have conditioned myself to participate in the event I have chose. I, for myself, my executors, administrators, and assignees, do hereby release and discharge the Mountainside PAL, officials, sponsors, and volunteers from damage or injuries occasioned by my participation in the Mountainside PAL 5K Cop Trot. I also authorize the Mountainside 5K Cop Trot officials to utilize any photographs and video tape of my participation in the Mountainside PAL 5K Cop Trot for any and all purposes. By signing my name below, I hereby certify that I have read all the terms and conditions of this release and do intend to be legally bound thereby.

Signature: _____ Parent's Signature if Under 18 _____



For Official Use Only

Mountainside PAL 4th Annual "Cop Trot"

Race Date:
Saturday, Oct. 11th 2003

Registration at Deerfield 8:00am
5K Race Starts 9:30am

Entry Fees Prior to Race Day:

5K Adult	\$15.00
5K Child	\$10.00
Entire Family	\$50.00

Day of Race:

5K Adult	\$20.00
5K Child	\$15.00
Entire Family	\$55.00

Your registration fee includes a t-shirt and computerized scoring results.

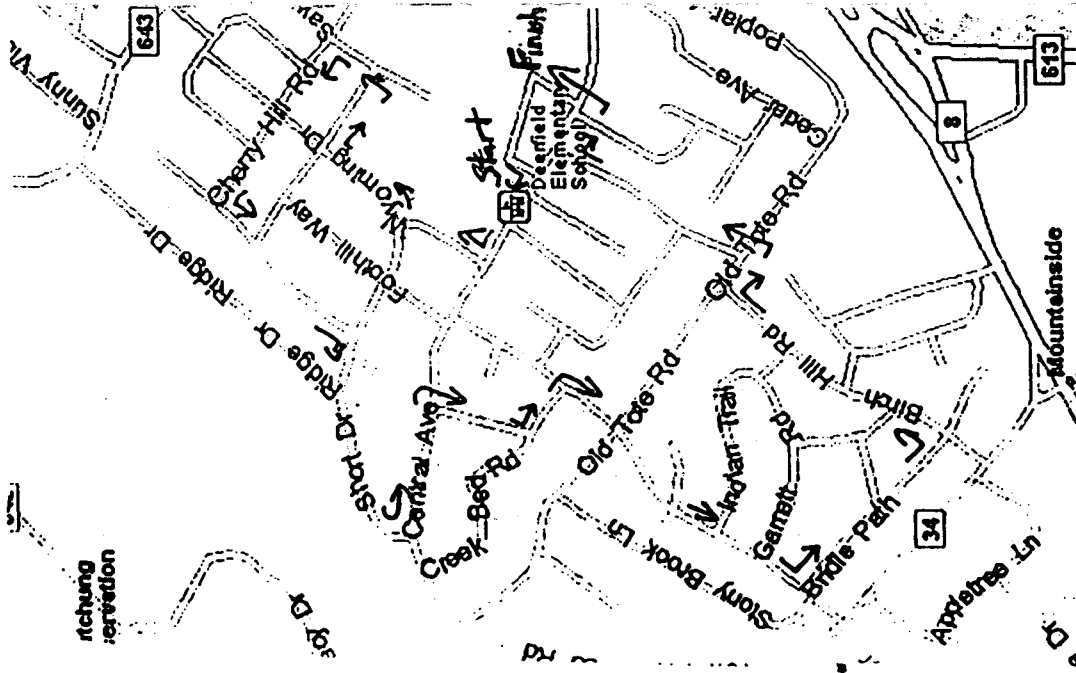
Prizes for Runners in 1st, 2nd and 3rd place in each age group. Male and Female

Age Groups: 7-8, 9-11, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

Trophies for overall Best Male and Best Female

INFORMATION PACKET & RACE NUMBER WILL BE DISTRIBUTED AT REGISTRATION THE DAY OF THE RACE.

For more information call the PAL information line at (908) 232-2400 (ext. 725)



"Tot Trot"
For ages 6 and under
Race Starts: 8:30am

For 1st Place Runners
In each age group



"Cop Trot IV" 5K Run / Walk

*In Memory of
Captain Todd B. Turner*

Saturday, October 11, 2003

Race Starts at 9:30 AM

Deerfield School
Central Avenue
Mountainside, NJ

