

"Cop Trot V" 5K Run / Walk

Race Date:

Saturday, Oct. 9th 2004

Registration

at Deerfield Starts 8:00am

Tot Trot Starts 8:30am

5K Race Starts 9:30am

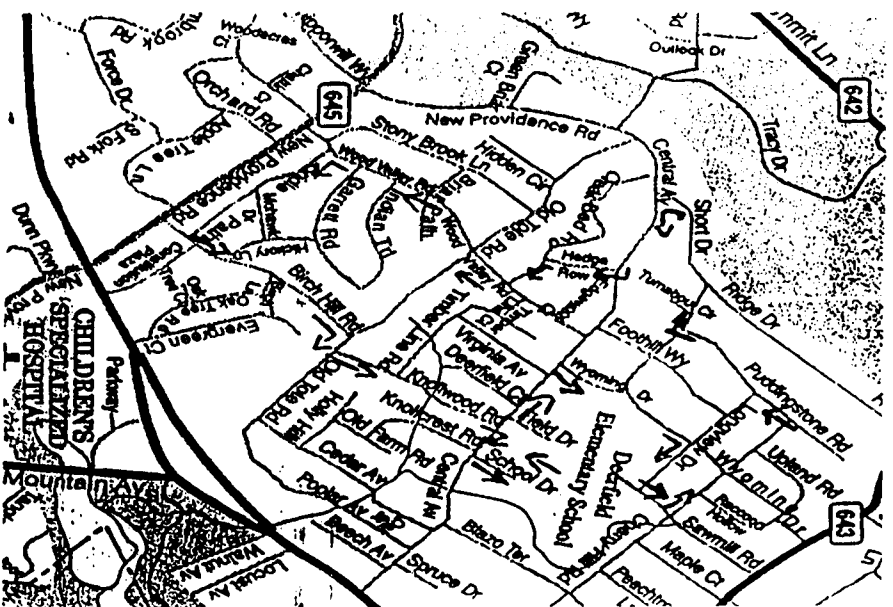
Deerfield School

302 Central Avenue

Mountainside, NJ 07092



Race Route



Race starts by leaving Deerfield School

Out School Drive make **right** on Central Ave - **right** Wyming Dr - **right** on Longview Dr - **left** on Sawmill Rd - **left** on Cherry Hill Rd - **left** on Puddingstone - **right** on Short Dr - **left** on Central Ave - **right** on Hedge Row - **left** on Creek Bed - **right** on Wood Valley Rd - **left** on Bridle Path - **left** on Birch Hill Rd - **right** on Old Tote Rd - **left** on Knollwood Rd - **right** on Central Ave - **left** on School Dr (Finish)

Mountainside PAL 5th Annual "Cop Trot V"

Race Date:

Saturday, Oct. 9th 2004

Registration at Deerfield 8:00am

Tot Trot Starts 8:30am

5K Race Starts 9:30am

Entry Fees Prior to Race Day:

5K Adult (15 & Over)	\$15.00
5K Child (14 & Under)	\$10.00
Tot Trot (6 & Under)	Free
Families (4 or more)	\$50.00

Day of Race:

5K Adult (15 & Over)	\$20.00
5K Child (14 & Under)	\$15.00
Tot Trot (6 & Under)	Free
Families (4 or more)	\$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 for 5K Run/Walk: 7-8, 9-11, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

"Tot Trot" Ages - 6 & Under

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)

MOUNTAINSIDE PAL 5th ANNUAL "COP TROT V", 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
 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. Mountainside PAL is a non profit 501 (c) 3 organization - New Jersey License # CH2014900

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

Signature: _____ Parent's Signature If Under 18 _____ For Official Use Only



"Tot Trot II" Registration Form (6 & Under)

MOUNTAINSIDE PAL 2nd ANNUAL "Tot Trot II"

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

Circle One: MALE FEMALE
 Age (Race Day) _____ Date of Birth _____
 Youth T-Shirt (Circle One) S M L
 Name: _____
 Address: _____

* ONE ENTRY PER APPLICATION - Applications May be Reproduced

Above & 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 2004
 "Cop Trot V" T-Shirt

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

(please mail back with registration form)



**Attention:
 Flat Foot Patrol
 Section**

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

- Above & beyond the call of duty ..any amount.
 Above\$300
- Chief's Corporate Donor\$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 & 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 2004
 "Cop Trot V" T-Shirt**

*Don't forget
 the proceeds
 go to the PAL*

