

"Cop Trot IX" 5K Run / Walk

**Race Date:
Saturday, Oct. 18th 2008**

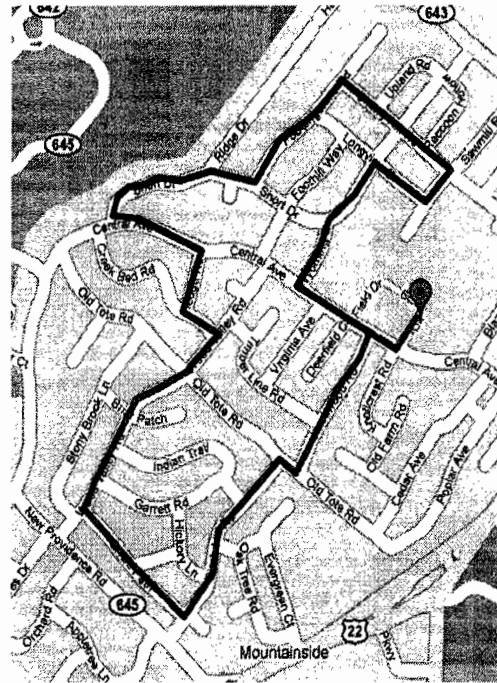
**Registration
at Deerfield Starts 8:00am**

**Tot Trot Starts 8:30am
5K Race Starts 9:00am**

**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** on Wyoming 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 9th Annual "Cop Trot IX"

**Race Date:
Saturday, Oct. 18th 2008**

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

Entry Fees Prior to Race Day:

5K Adult (15 & Over)	\$20.00
5K Child (14 & Under)	\$15.00
Tot Trot (6 & Under)	Free
Families (4 or more)	\$60.00

Team Participation:

Team Jersey	\$10.00
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Day of Race:

5K Adult (15 & Over)	\$25.00
5K Child (14 & Under)	\$20.00
Tot Trot (6 & Under)	Free
Families (4 or more)	\$65.00

**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 5 K 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 visit our Website
www.Mountainsidepal.com**

**Or call
(908) 233-1589**

Trotter's Specials

- Cash prize awards to the "Top Male" and "Top 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 Copt Trot IX
 P.O Box 1423
 Mountainside, NJ 07092-1423

Or register on line at:
www.Mountainsidepal.com

Registration forms can be
 picked up and dropped off at
 Beechwood and Deerfield Schools

Registration deadline: Oct. 3rd

For more details go to
www.Mountainsidepal.com



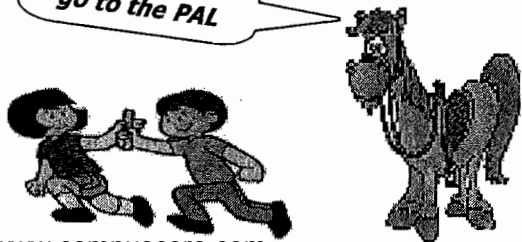
Attention:
Flat Foot Patrol
Section

*Thanks, I'm not a
 runner, but would
 like to "Post Bail" by
 being a:*

Above & Beyond the Call of Duty.....	\$300 +
Chief's Corporate Donor.....	\$300
Captain's Champion.....	\$200
Lieutenant's Loyalist.....	\$150
Sergeant's Supporter.....	\$100
Corporal's Chum.....	\$50
Patrolman's.....	\$25
Running Rookie.....	under \$25

"Above & Beyond the Call of Duty"
 and "Chief's Corporate Donor"
 places your name or your company's
 name on the back of our official PAL
 2008 "Cop Trot IX" T-shirt

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



Bib number:

Mail Checks to:
 Mountainside PAL, P.O. Box 1423
 Mountainside, NJ 07092-1423

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

For official Use Only

Name: _____

Circle One: MALE FEMALE

Address: _____

Age (Race Day) _____ Date of Birth _____

City: _____

USATF# _____

State: _____ Zip: _____

T-Shirt (Circle One) S M L XL XXL

Phone: _____

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 _____

Make sure you register your "Tot"



"Tot Trot "V" Registration Form (6 & Under)
 MOUNTAINSIDE PAL 5th ANNUAL "Tot Trot V"

Mail Registration Form to:
 Mountainside PAL, P.O. Box 1423
 Mountainside, NJ 07092-1423

Circle One: MALE FEMALE

Age (Race Day) _____ Date of Birth _____

Youth T-Shirt (Circle One) M (size 6-8) L (size 10 -12)

Name: _____

Address: _____

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**"Above & Beyond the Call of Duty"
 and "Chief's Corporate Donor"
 places your name or your company's
 name on the back of our official PAL
 2008 "Cop Trot IX" T-shirt**

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

(please mail back with registration form)

