

# Mountainside PAL

12th Annual

"Cop Trot"

## Race Date:

**Saturday, Oct. 15th 2011**

Registration at Deerfield 8:00am

Tot Trot Starts 8:30am

5K Race Starts 9:00am

## Entry Fees Prior to Race Day:

5K Adult (16 & Over)	\$20.00
5K Adult (16 & Over) USATF	\$15.00
5K Child (15 & Under)	\$15.00
Tot Trot (6 & Under)	Free
Families (4 or more)	\$60.00

## Team Participation:

Team fee per person	\$10.00
(please indicate team name on each form)	

## Day of Race:

5K Adult (16 & Over)	\$25.00
5K Child (15 & Under)	\$20.00
Tot Trot (6 & Under)	Free
Families (4 or more)	\$65.00

Pre-registration guarantees you a Cop Trot t-shirt  
After 10/8 or on day of race, no guarantee of t-shirt

Results will be posted on [www.njraces.com](http://www.njraces.com)

Medal and cash prize for overall  
"Top Male" and "Top Female"

Awards given for runners in  
1st, 2nd and 3rd place  
in each age group Male and Female

Age Groups for 5 K Run/Walk: 7-10 , 11-15, 16-19,  
20-29, 30-39, 40-49, 50-59, 60 and over

Participation medals to all who  
complete the Cop Trot

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

We welcome members of the Police Force to participate  
free of charge

## PAL Programs

Some of the PAL programs  
you will be supporting are:



Fall Soccer  
Flag Football  
Cheerleading



Cop Trot / Tot Trot  
Boys and Girls Travel  
Basketball (Grades 5 - 8)  
High School Open Gym  
Breakfast with Santa



Spirit Night  
Skate Night



8th Grade Pool Party  
Memorial Scholarship  
Awards

Charity Car and Bike Show  
4th of July Fireworks, DJ &  
Giveaways

**NEW MEMBERS  
ARE ALWAYS WELCOMED**

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For Cop Trot registration and  
more information on the Mountainside PAL  
visit our website

[www.Mountainsidepal.com](http://www.Mountainsidepal.com)

(credit cards accepted on the website)

**"Cop Trot XII"  
5K Run / Walk**

*Come Celebrate  
Our  
12th Annual  
Cop Trot*

**Race Date:**

**Saturday, Oct. 15, 2011  
Rain or Shine**

**Deerfield School  
302 Central Avenue  
Mountainside, NJ 07092**

**Registration Starts 8:00am**

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



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

- I am entering (check one)
  - 5K Walk / Run Adult
  - 5K Walk / Run Child (15 and Under)
  - Family Rate \*
- Circle One:    MALE    FEMALE

Bib number:

For official Use Only

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Age (Race Day) \_\_\_\_\_ Date of Birth \_\_\_\_\_

USATF# \_\_\_\_\_

Adult T-Shirt (Circle One)    S    M    L    XL    XXL    No t-shirt

Total Amount Enclosed \_\_\_\_\_

Team Name (if applicable) \_\_\_\_\_

**\* 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 chosen. 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 \_\_\_\_\_



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

Mail Registration Form to:  
Mountainside PAL, Cop Trot 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: \_\_\_\_\_

### Don't want to run ...

**A minimum donation of \$50.00 places your name or your company's name on the back of our official 12th Annual PAL 2011 "Cop Trot" T-shirt. Greater donations are encouraged and will result in better placement and larger font on T-shirt.**

Indicate below how you would like your name or your company name to appear on the 12th Annual "Cop Trot XII" T-shirt

(please mail back with registration form)

\* ONE ENTRY PER APPLICATION - Applications May be Reproduced

Make sure you register your "Tot"

## Trotter's Specials

- Cash prize awards to the "Top Male" and "Top Female" Finishers
- Other bib prizes will be awarded at end of race

Stick around - you won't want to miss the prizes

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

- ✓ Complete & sign entry form (one per participant)
- ✓ Mail your entry or donation to:

Mountainside PAL - Cop Trot  
P.O Box 1423  
Mountainside, NJ 07092-1423

Check or money-order enclosed (Families should be on 1 check)

NO CASH  
OR

- ✓ Register on our website which accepts credit card payments
- [www.Mountainsidepal.com](http://www.Mountainsidepal.com)

OR

- ✓ Drop form at the Beechwood and Deerfield Schools

Reminders:  
Pre-Registration deadline: Oct. 8th  
Map of the course - available race day

For more details go to [www.Mountainsidepal.com](http://www.Mountainsidepal.com)

