

Mountainside P.A.L.

19th Annual

"Cop Trot"

Race Date:

Saturday, Oct. 13th 2018

Registration at Deerfield School 8:00am

Tot Trot Starts 8:30am

5K Race Starts 9:00am

Cop Trot Entry Fees

Prior to Race Day:

5K Adult	\$25.00
5K Adult USATF	\$20.00
5K Child (15 & Under)	\$20.00
Families (4 or more)	\$65.00

Day of Race:

5K Adult	\$30.00
5K Child (15 & Under)	\$25.00
Families (4 or more)	\$70.00

Tot Trot Entry Fee:

Tot Trot (6 & Under)	Free
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Pre-registration guarantees you a Cop Trot t-shirt
After 10/6 or on day of race, T-shirt is not guaranteed

Results will be posted on 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: 7-14 , 15-19,
20-29, 30-45, 45-60, 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 (and cadets) to
participate free of charge

P.A.L. Programs

Some of the P.A.L. programs
you will be supporting are:



Micro Soccer

Flag Football

Cheerleading

Cop Trot / Tot Trot

Travel Basketball

High School Open Gym

Breakfast with Santa

Skate Night



8th Grade Pool Party

*8th and 12th Grade
Scholarship Awards*

*4th of July Fireworks, DJ
& Free Ice Cream*

**NEW P.A.L. MEMBERS
ARE ALWAYS WELCOMED**

For Cop Trot registration and
more information on the Mountainside P.A.L.
visit our website

www.Mountainsidepal.com

(credit cards accepted on the website)

If you are on Facebook,
please like our Mountainside PAL Facebook Page

"Cop Trot XIX" 5K Run / Walk

Come Celebrate
Our
19th Annual
Cop Trot

Race Date:

Saturday, Oct. 13, 2018

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

www.mountainssidepal.com

MountainsidePAL on Facebook



Mail Checks to:
 MountainSide P.A.L., 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 *

Bib number:

For official Use Only

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

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 P.A.L. 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 assigns, do hereby release and discharge the Mountainside P.A.L., officials, sponsors, and volunteers from damage or injuries occasioned by my participation in the Mountainside P.A.L. 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 P.A.L. 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 P.A.L. 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)
 MOUNTAINSIDE P.A.L. ANNUAL "Tot Trot"

Mail Registration Form to:
 MountainSide P.A.L., 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) S (4-6) M (size 6-8) L (size 10 -12)

Name: _____

Address: _____
*ONE ENTRY PER APPLICATION - Applications May be Reproduced

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 19th Annual P.A.L. 2018 "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 19th Annual "Cop Trot XIX" T-shirt

(please mail back with registration form and check)

*** Deadline MONDAY SEPTEMBER 24thst to get names on the shirt**

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 (winner must be present)
- Complimentary Pre- and Post- Race Refreshments
- DJ and music entertainment

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

CHECKLIST FOR REGISTRATION:

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

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

Enclose your Check or money-order (Families should be on 1 check) NO CASH PLEASE

OR

- ✓ Register on our website which accepts credit card payments

www.Mountainsidepal.com

OR

- ✓ Drop form(s) at the Beechwood or Deerfield Schools

Reminders:

Pre-Registration deadline: October 6th
 Map of the course - available race day

For more details go to
www.Mountainsidepal.com
 or like us on Facebook

