

# Mountainside P.A.L.

20th Annual

"Cop Trot"

## Race Date:

**Saturday, Oct. 19<sup>th</sup> 2019**

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 |
|----------------------|------|

Pre-registration guarantees you a Cop Trot t-shirt  
After 10/13<sup>th</sup> or on day of race, T-shirt is not guaranteed

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: 7-14 , 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\*

\*8<sup>th</sup> and 12<sup>th</sup> Grade

Scholarship Awards\*

\*4th of July Fireworks, DJ  
& Giveaways\*



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

(credit cards accepted on the website)

Please like our Mountainside PAL Facebook Page  
Mountainsidepal on Instagram

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

*Come Celebrate  
Our  
20<sup>th</sup> Annual  
Cop Trot*

Race Date:

**Saturday, Oct. 19, 2019**

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](http://www.mountainssidepal.com)

MountainsidePAL on Facebook

Mountainsidepal on Instagram



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)

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 20th Annual P.A.L. 2019 "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 17th Annual "Cop Trot XX" T-shirt

(please mail back with registration form and check)

**\* Deadline Sept 27th 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](http://www.Mountainsidepal.com)

OR

- ✓ Registration is accepted day of

Reminders:

Pre-Registration deadline: Oct. 13th  
Map of the course - available race day

For more details go to  
[www.Mountainsidepal.com](http://www.Mountainsidepal.com)  
or like us on Facebook  
Or Follow us on Instagram

