

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:

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

Circle One: MALE FEMALE
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 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 assignees, 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 _____

Make sure you register your "Tot"



"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 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**

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

- ✓ 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
or like us on Facebook
Or Follow us on Instagram.

