



project **C.O.P.E.**

Communities Organizing for Prevention & Empowerment
Montclair State University
College of Education & Human Services
Department of Family & Child Studies
www.projectcopepaterson.org

5K Run/Fitness Walk

Saturday, September 22nd, 2007

(Rain or Shine)

9:00 a.m.- 12 noon



**MONTCLAIR
STATE
UNIVERSITY**

LOCATION: **NORMAL AVENUE & VALLEY ROAD
ENTRANCE OF MONTCLAIR STATE UNIVER-**

SITY

1 Normal Avenue, Montclair, NJ 07043

COURSE

The 5K Run is a flat, fast and rolling course. *Police traffic controlled. EMS on site. Montclair College Police present at awards ceremony.*

This event is sanctioned by the USA Track & Field (USATF).

First 100 runners will receive event t-shirts!

ENTRY FEES:

Before 9/10	\$10	
After 9/10	\$12	
On race day	\$15	
Kids under 15 yrs	FREE	(must register by 9/10/07)

REGISTRATIONS:

On Line: www.projectcopepaterson.org or
www.active.com

By Mail: Entry form and Fee to address below

Race Day: Registration desk from 8am-9am

PICK-UP PACKET: on race day from 8am-9am.

AWARDS:

Individual trophy for top overall male & female champions.

Medals to top 3 male & female runners in each age group.

TEAM AWARDS:

Top 3 teams

(5 Runners per team; top 3 finishers)

Directions: Go to <http://www.montclair.edu/welcome/directions.html>

ADDITIONAL INFORMATION:

Please contact us at 973.655.6785 or 201.407.7088
montalvoy@mail.montclair.edu

WHO BENEFITS?: All proceeds will help fund summer scholarships and other recreational activities for underserved at risk youth. These scholarships will help Project COPE provide pro-social activities to help minimize risk taking behaviors such as substance abuse, HIV/AIDS, youth violence and gang involvement.

2007 ENTRY

WAIVER MUST BE READ AND SIGNED TO BE VALID

Waiver: By signing below, I agree to release and hold harmless Montclair State University, Project COPE, Montclair Township, its officers, sponsors, the city of Montclair, their agents, servants, successors and all persons or entities involved in promotion or staging of Project COPE 5K Run/Fitness Walk. I also give my permission for the use, without fee, of my name and picture in any broadcast, telecast or print media account of this event for publicity and promotional purposes. I attest and verify that I am physically fit and have trained sufficiently for this event to be held September 22nd, 2007 in the city of Montclair, NJ. Parental Consent is required for those under 18 years of age.

Participant's Signature

Print Parent's Name/Signature

Date

Entry Fees (Please check one)

- ☐ \$10 before 09/10/07
☐ \$12 after 9/10/07
☐ \$15 day of race

☐ Donation

Amount: _____

☐ I am part of a team.

Name of Team: _____

Checks or money orders payable to:

Montclair State University Foundation

Please mail to:

Montclair State University/Project COPE
Dept. of Family & Child Studies
1 Normal Avenue, Montclair, NJ 07043

First Name

Last Name

Phone

Street

Date of Birth

Age

Sex

City & State, ZIP Code

E-mail