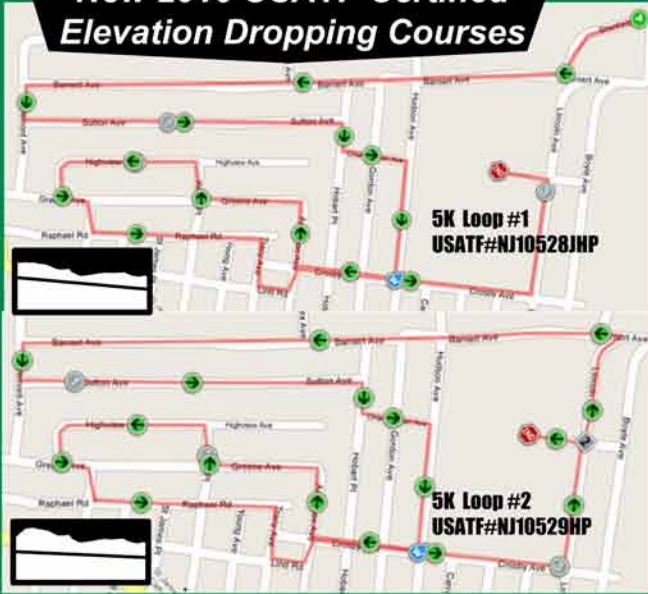


**New 2010 USATF Certified
Elevation Dropping Courses**



**Run your 5K or 10K
Personal Best in 2010!!!**

Awards & Rules

Awards ceremony immediately following the 10K race.

Individuals: Awards will be presented in both races to the top three male and female overall. Age group awards will be set in 10 year increments to 70+. 5 year age groups will be added to the 5K to accommodate all entrants under the age of 20.

Teams: Awards will be presented to the top three male, female and co-ed teams competing in the 10K.

Team Rules

- Any preregistered runner can join a single team.
- Teams must have a minimum of three (3) members.
- Team member applications must be submitted together.
- Companies may enter as many teams as they want in male, female and co-ed divisions.
- There is no maximum number of runners on each team; only the TOP three finishers will be scored.

Proceeds of the Totowa PAL Road Races will benefit the construction improvements needed to "run" the 2010-2011 programs. The PAL is a non-profit public benefit corporation which builds partnerships between youth and the community through recreational, athletic and education programs designed to encourage and develop good citizenship and improve the quality of life in the Totowa area.



Totowa Police
Athletic League
P.O. Box 13
Totowa, NJ 07512

PLACE
STAMP
HERE



**Totowa PAL 5K/10K
Road Races
& Kids Carnival**

New
"elevation
dropping"
courses
for 2010



Free Free Registration @ TotowaPAL5K.org



New Jersey
Grand Prix Event
500 Points

Both Races

