

" a part of

the solution"

PAL goes where others don't—directly to the heart of the problems that lead to youth crime!

Niagara PAL has more than 18,000 participants in 60 athletic and non-athletic programs annually!

It costs less than 50 cents a day to support one youth in a PAL program for a year!

Niagara PAL is a volunteer driven 501 (c) (3) not-for-profit corporation

5K Course

Start: Front Entrance
Athletic Complex Field House,
left on Service Road, right onto
Pine Avenue, right onto Robbins
Drive, right onto Porter Road,
right onto NFHS Driveway,
left into parking lot,
around outside of lot,
down Service Road
to finish at Field House.



"Kids Are Our Business"

Touching the lives of more
Than 18,000 youth annually

Niagara Police Athletic League "Be Our PAL" Festival & Telethon presents the 3rd Annual "Cops & Kids" 5K Run/Walk

<u>5K — 4 Kids</u>

Saturday
October 3, 2015
10:00am Start Time



Race Directors

Tina Zell & Paul Casseri

Date & Time

Saturday October 3, 2015

Start Time: 10:00am

Location/Registration

8:00am - 9:30am

Niagara Falls High School

Athletic Complex Field House

Enter from Pine Avenue

Timing/Scoring by Score This!!!

Online Registration at:

score-this.com

Parking

All Parking Lots

Tee Shirts

First 150 Runners

<u>Awards</u>

Runner awards to Overall Male/Female Winners

Awards to top 3 male/female finishers in each group

14 & under 15-19 20-24 25-29 30-34 35-39

40-44 45-49 50-54 55-59 60-64 65-69 70 & over

"Be Our PAL" Festival &

Telethon Events

Saturday October 3, 2015

5K Race/Walk

Start & Finish Televised Live

Post Race Party—Field House

Food-Prizes-Awards

Elementary School Run

Televised Live

Start & Finish Through Official Race Chute

Chinese Basket Auction

Vendors Fair

Military/Police Exhibits

NFFD Smoke House

NFPD Car Seat Safety Check

Law Enforcement Helicopters

Sheriff's Mounted Division

Children's Activities

Face & Pumpkin Painting

Soccer/Basketball/Lacrosse Skills

Scarecrow Building Contest

Live Telethon



All proceeds benefit Niagara PAL

Youth Programs and Students of the

Niagara Falls School District

2015 Niagara PAL "Cops & Kids'	& Kids" 5K Run/Walk Entry Form	Make checks payable to: Niagara PAL—4455 Porter Road, NFNY 1430	Porter Road, NFNY 1430
Entry Fees \$20 Pre-registered			
0201212012020	Last Name	First Name	
\$10 Student Rate			
	ועמוווספן מווס סוופפן		
\$25 Race Day			
	Town/City	State/Prov	Zip/Postal Code
Total Enclosed			
	Gender	Age Date of Birth	
lee Snirt Size			
Donation Niagara PAL			

In consideration of accepting this entry, I for myself, heirs, and executors, do hereby discharge the Niagara Police Athletic League, the race operators and any and all sponsors and sanctioners of the race for all injuries and losses suffered by me from competing in or attending this event.