

**NJ State Police Headquarters is located at:
1040 River Road (Rte. 175)
West Trenton, NJ 08628-2102**

Registration & Fees:

The 5K race is open to all. To qualify for the law enforcement awards, you must be a full-time, armed law enforcement official with full arrest powers. **Bring credentials.** (Animals prohibited unless required for assistance/guide.)

Pre-register by mail no later than April 20, 2012.

Registration closes 8:30 am on race day.

Pre-registration fee: **\$25.00**

Day-of-race registration fee: **\$30.00**

Make checks payable to:

NJ State Police Memorial Association

Mail to: Judy Ponticciello
New Jersey State Police
P.O. Box 7068
West Trenton, NJ 08628-0068
Telephone: (609) 481-5858
Fax: (609) 584-8756

E-mail questions to: ljppontg@gw.njsp.org

T-shirts guaranteed to all 5K pre-registered participants. T-shirts will be available to post-registered participants as supplies last.

Program:

- **Certified 5,000 Meter Race**
- **Award Ceremony**
- **Family Open House Festivities from 10 am - 3 pm**

Awards:

Colonel's Trophy For the top 3 troopers competing from Troops A, B, C, & D.

First Three Teams* Consisting of top three from same law enforcement agency.

Sullivan Trophy 1st active member of the State Police

Top Ten overall finishers

*At least three team members must be preregistered.

Preparing for a 5K

By: Katie Occhipinti, TCNJ Intern, Spring 2012
Office of Health and Wellness



The 5K (3.1 miles) is the most popular race in America and rightly so! It is a distance that most anyone can train for and complete. Ask any avid 5K runner and they'll agree that after experiencing the thrill of increased endorphins and the competitive spirit of all the runners, this 5K will not be the last of your career. Here are some helpful hints for the big day.

◆ **Get the right shoes.** Getting sneakers from a specialty running store may be the best bet. This will allow a professional to assess your foot type and the degree of pronation, the rolling of the foot from heel to toe through the foot strike. Spending a little extra time and money on the right pair will help add to a better running experience.

◆ **Plan your work/work your plan.** Training for an event can help add focus and commitment to exercise. It is important to create a plan of action and even more important to stick with it.

◆ **Give yourself time to train.** Depending on current training status, 6 to 8 weeks is an adequate amount of time to begin training for the race. Start with a one-mile run three days a week. The other four days should be broken up into two days of a non-running activity, such as lifting, swimming or yoga and two days of rest to allow the body to re-cooperate. Be sure to increase your mileage and intensity every week.

◆ **Train in a group.** Deciding to enter the race with a team can help add some motivation, enthusiasm and fun to your training. The more people to celebrate with at the finish line, the better.

◆ **Fuel your body accordingly.** Eating immediately before a run may cause stomach discomfort, however running on empty will not give you enough energy to run your best. Remember that carbohydrates are the best source of energy for athletes. Use your training days leading up to the event to find what foods are easy for you to digest and at what point before the run personally works for you to fuel your body.

See you at the finish line!

About National Police Week

In 1962, President John F. Kennedy signed a proclamation which designated May 15th as Peace Officers Memorial Day. The week in which that date falls has become known as Police Week. During Police Week, law enforcement officers from around the world converge on Washington, DC to participate in events honoring those that have made the ultimate sacrifice.

Today, the New Jersey State Police, together with the Survivors of the Triangle, New Jersey State Police Memorial Association and the Former Troopers Association, continue to honor the memory of our fallen Troopers.

Our Police Week commemoration begins with *The Chase*, a 5k run, both challenging and fun for all ages. At the completion of the *Chase*, a ceremony will commence as we remember and honor our Heroes. Afterward, please join our State Police family, both past and present, in an opportunity for fellowship at our Open House.

We are thankful for the three groups that help make this commemoration possible:

The **State Police Memorial Association** was established to preserve the history of the outfit and the memory of those members of the State Police who have made the ultimate sacrifice.

Survivors of the Triangle, a New Jersey Chapter of Concerns of Police Survivors, Inc., provides resources to assist in the rebuilding of the lives of surviving families of law enforcement officers killed in the line of duty as determined by Federal criteria. Furthermore, COPS provides training to law enforcement agencies on survivor victimization issues and educates the public of the need to support the law enforcement profession and its survivors.

The **Former Troopers Association**, established in 1959, assists Former Troopers and offers the combined knowledge and experience of its members to benefit the Division. The fraternal gestures of aid and consolation during times of need are standard, but underlying all is the desire to continue that of "Once a Trooper, always a Trooper."

2012 5K RACE

WAIVER - In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the State Police Memorial Association, New Jersey State Police, State of New Jersey, Township of Ewing, any additional sponsors, their representatives, successors, or assignees for any injury that may be suffered in this event. I also give permission for the use of my name and/or picture in any newspaper, broadcast, telecast, or other account of this event. I certify that I am physically fit to compete in this event.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (Work) _____
Phone: (Home) _____
Agency: _____
Title/Rank: _____ Badge # _____

Age: _____ Sex: _____ Team/Troop/Branch/Section: _____

Please check T-shirt size:    

SIGNATURE REQUIRED _____
If under 18 years of age, signature of parent or legal guardian required.

THIS FORM MAY BE PHOTOCOPIED. Please fill form out completely. Forms with missing information will be rejected.

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New Jersey State Police
P.O. Box 7068
West Trenton, New Jersey 08628-0068

The State Police Memorial Association

31st Annual 5K Chase



May 19, 2012

9:00 a.m.

**NJ State Police
Headquarters
West Trenton, New Jersey**

*Dedicated to the
memory of all law
enforcement officers
who have made the
ultimate sacrifice.*