Calculate the momentum of a 150 g red squirrel running with a speed of 2.3 m/s

0.345

p = m * v, but m must be in kg

p = 150 g * (1 kg / 1000 g) * 2.3 m/s

A 70 kg cop traveling 6 m/s tackles a 75 kg thief running 3.5 m/s in the same direction. What was their common speed immediately after the collision?

4.71 m/s

p_i = (70 kg * 6 m/s) + (75 kg * 3.5 m/s), because they're going in the same direction

p_f = (70 kg + 75 kg) * v_f, because this is an inelastic collision where they 'stick' to each other

To find the final velocity, use conservation of momentum: $p_i = p_f$