

2022 "Come on Over" 5K and 2.1 Mile Fitness Walk Registration Form

Portland Parks and Rec. Contact Info:

Phone: 860-342-6757

Email: adionne@portlandct.org

Website: <https://portland.recdesk.com>

Race Information

Race Date: Saturday, October 29, 2022 *Rain or Shine!*

Start Time: 9:30am

Location: Portland Riverfront Park - 284 Brownstone Avenue, Portland, CT 06480

Online Registration Recommended: Register online at
<https://runsignup.com/Race/CT/Portland/ComeonOver5KandWalk>

Please include your check payment with your completed form.

The registration cost for the "Come on Over" 5K is \$20
The registration cost for the "Come on Over" 2.1 Mile Fitness Walk is \$15

Please make all checks payable to "Portland Parks and Recreation."

You can mail your completed form and check payment to this address:

Portland Parks and Recreation
PO Box 71
Portland, CT 06480

You can also drop your completed form and payment off at the Parks and Recreation Office located at 265 Main Street.

Paper registrations will only be accepted until October 20, 2022. Starting on October 21, 2022, the registration price will increase, and registration will only be available online at runsignup.com

Race Day Registration is ONLINE ONLY.

Participant's Name (First and Last) _____
(Required):

Address (Required):

Street: _____

Address Line 2: _____

City, State, Zip: _____

Participant's Age on Race Day (Oct. 29, 2022) _____
(Required):

Participant's Gender _____
(Required):

Paper registrations will only be accepted if both sides of this form are completed.

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Phone: () - _____

Email: _____

Please Select Your Event (Required):

(Select only one option)

- "Come on Over" 5K (\$20 price)
- "Come on Over" 2.1 Mile Fitness Walk (\$15 price)

Payment must accompany all completed forms.

Participation Waiver: By signing this form, I, for myself, my heirs, executors and administrators, waive and release the Town of Portland Parks & Recreation, sponsors, coordinating groups, and any individuals associated with this event from all liability in case of death or injury received as a result of participation in this event. I attest that I am physically fit to compete in this 5K event. I grant permission for any photograph, motion pictures, recordings or any other record of this event to be used for publicity. I understand that bicycles, baby joggers, skateboards, roller skates, in-line skates, radio headsets, and dogs are not allowed in the event and I will abide by this guideline. **In case of a minor (under 18), this form must be signed by a parent or guardian of entrant.**

Signature (Required): _____