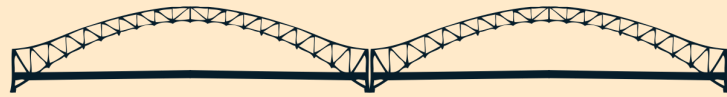


P O R T L A N D



PARKS & RECREATION



17TH ANNUAL
"COME ON OVER"

HYBRID
5K RUN &
2.1 MILE
WALK

10. 31. 20
9AM

\$10 THROUGH 10/23

\$20 FROM 10/23-10/30

VIRTUAL OR IN-PERSON PARTICIPATION OPTIONS AVAILABLE!

NO RACE DAY REGISTRATION!

PORTLAND RIVERFRONT PARK

284 BROWNSTONE AVENUE, PORTLAND, CT 06480

COVID-19 SAFETY GUIDELINES WILL BE ENFORCED



REGISTER ONLINE OR CONTACT PARKS & RECREATION AT 860-342-6757



17th Annual

“Come on Over” 5K

Chip Timing will be managed by Platt Timing
****COVID-19 Safe Practices will be Enforced****

Registration Form

Make all checks payable to Portland Parks and Recreation- P.O. Box 71, Portland, CT 06480

Participants are urged to register online

<https://Runsignup.com/Race/CT/Portland/Comeonover5KandWalk>

<https://portland.recdesk.com>

Race Fee until 12:00pm on Friday, 10/23/2020:

\$10 per participant

Race Fee after 12:00pm Friday, 10/23/2020 through Friday 10/30/2020:

\$20 per participant. Registration only available through the Run Sign Up link above

Name:		Gender:		Age:		
Address:		City:		State:		
Phone:		Email:				
Average 5K time: 24 mins or less		25 mins or more		Participating: virtually in-person		
Division:	12 and under		13-15		16-18	
	30-39		40-49		50-59	
	70-79		Walkers		19-29	
				60-69		

COVID-19 Waiver: I hereby attest that I have been informed of the following pertaining to the coronavirus:
 People who are 65 years and older and people of any age who have serious underlying medical conditions or are at higher risk for severe illness from COVID-19 are recommended to stay at home. A list of medical conditions associated with a higher risk for severe illness from COVID-19 can be found in CDC’s guidance.* Individuals and families should consult their healthcare provider to determine whether they have medical conditions that place them at risk.
 Staff and children living in households with individuals who are 65 years and older OR have higher risk for severe illness from COVID-19 are recommended to stay home.
 *Includes chronic lung disease or moderate to severe asthma, serious heart conditions, immunocompromised (cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications), severe obesity (body mass index [BMI] of 40 or higher), diabetes, chronic kidney disease undergoing dialysis and liver disease. Individuals should consult their healthcare provide to determine whether they have medical conditions that place them at increased risk for severe illness from COVID-19.

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: _____ Date: _____



Portland Parks & Recreation
 265 Main Street, Portland CT 06480

Phone: 860-342-6757
 Fax: 860-342-6763

Nate Foley, Director
 Andy Dionne, Recreation Coordinator

“Come on Over” 5K Information!

Date: Saturday, October 31, 2020 *Rain or Shine*
Start Time: 9AM

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

COVID19: Masks must be worn during bib pickup and until your race starts. Social distancing will be enforced. Participants should vacate premises upon completion of race. Results will be available online once finalized- will NOT be viewable at race site.

Awards: Top 3 male/female participants in each division. Medals will be mailed or available for office pick-up.

Registration Options:

<https://Runsignup.com/Race/CT/Portland/Comeonover5KandWalk>

- <https://portland.recdesk.com>
- Mail in or drop off to P&R office

Bib #s and Timing: Office pick up 10/26-10/30
 Or on race day 7:30-8:50AM

Proceeds: Race proceeds benefit Portland Parks & Recreation Programs and Camp Scholarship Opportunities!

Inclement Weather:

Cancellation Hotline 860-262-7234



Thank You to our 2019 “Come on Over” 5K Sponsors!

Gold	Silver	Bronze
The Flood Law Firm, LLC	BB TEES	A & N Subway
The Rooth Family	Gotta’s Farm	Brownstone Quorum
RED Technologies	K.B	Mirabito Energy Products
Top Dog Hot Dog	Pizzeria Da Vinci - Cobalt	Portland Discount Liquors
	Portland Care and Rehabilitation Centre, INC.	Portland Lions Club
	Quality Welding Service, LLC	Portland Veterinary Hospital
	Water & Sewer Specialties	The Donahue Family

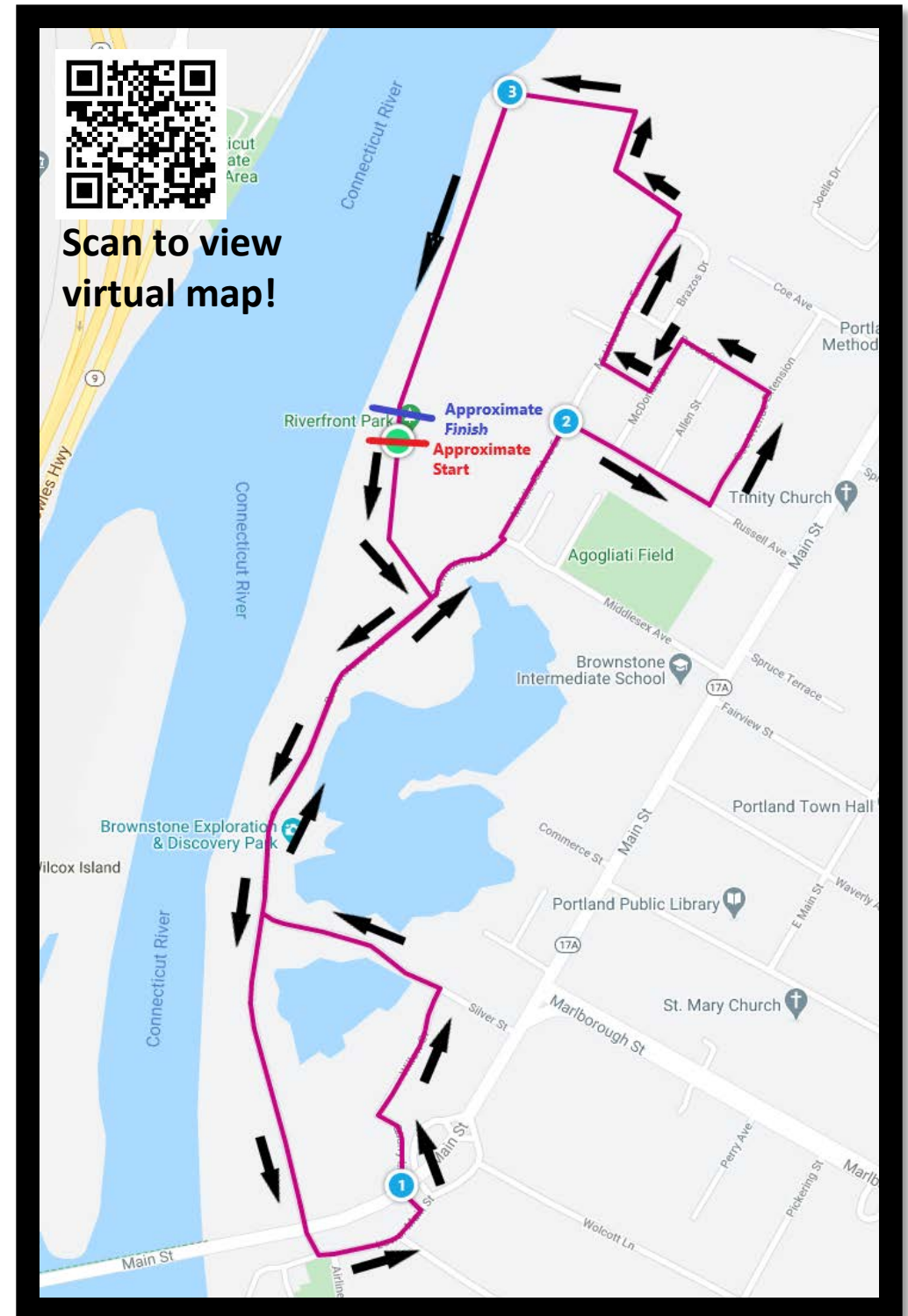
P O R T L A N D

PARKS & RECREATION



“Come on Over” 5K Route

0 mi		Route Start
0.09 mi	Right	Follow dirt path out of park and turn right onto Brownstone Avenue
0.16 mi	Right	Turn right on Brownstone Ave toward Silver St
0.51 mi	Info	Walker Turnaround...Runners keep straight on Brownstone Ave toward Lower Main St
0.84 mi	Right	Turn right on Lower Main St toward Airline Ave
0.95 mi	Left	Turn left on Quarry Ln toward Willow St
1.06 mi	Right	Turn right on Willow St toward Silver St
1.2 mi	Left	Turn left on Silver St toward Brownstone Ave
1.38 mi	Right	Turn right on Brownstone Ave toward Middlesex Ave
1.82 mi	Info	Continue straight onto Middlesex Ave Ext
1.84 mi	Info	Continue straight onto Middlesex Ave Ext
1.95 mi	Right	Turn right on Russell Ave toward McDonald Dr
2.11 mi	Left	Turn left on Coe Avenue Extension toward Prout St
2.23 mi	Left	Turn left on Prout St toward Allen St
2.32 mi	Left	Turn left on McDonald Dr toward Charles Rd
2.38 mi	Right	Turn right on Charles Rd toward Middlesex Ave Ext
2.43 mi	Right	Turn right on Middlesex Ave Ext toward Earle St
2.57 mi	Info	Continue through large green gate onto gravel path
2.59 mi	Info	Continue on path
2.66 mi	Info	Continue on path
2.72 mi	Info </td <td>Continue on path</td>	Continue on path
2.84 mi	Info	Follow path straight through woods
3.15 mi	Info	Exit woods and sprint to finish!!
3.19 mi		Destination





“Come on Over” Walking Route

0 mi		Route Start
0.09 mi	Right	Follow dirt path out of park and turn right onto Brownstone Avenue
0.16 mi	Right	Turn right on Brownstone Ave toward Silver St
0.51 mi	Info	WALKER TURN AROUND
0.51 mi	Info	Stay straight all the way back down Brownstone Avenue.
0.96 mi	Info	Continue straight onto Middlesex Ave Ext
0.97 mi	Info	Continue straight onto Middlesex Ave Ext
1.09 mi	Right	Turn right on Russell Ave toward McDonald Dr
1.24 mi	Left	Turn left on Coe Avenue Extension toward Prout St
1.36 mi	Left	Turn left on Prout St toward Allen St
1.46 mi	Left	Turn left on McDonald Dr toward Charles Rd
1.51 mi	Right	Turn right on Charles Rd toward Middlesex Ave Ext
1.57 mi	Right	Turn right on Middlesex Ave Ext toward Earle St
1.71 mi	Info	Continue through large green gate onto gravel path
1.72 mi	Info	Continue on path
1.8 mi	Info	Continue on path
1.85 mi	Info	Continue on path
1.97 mi	Info	Follow path straight through woods
2.29 mi	Info	Exit woods and sprint to finish!!
2.32 mi		Destination



Scan to view virtual map!

