

P O R T L A N D



PARKS & RECREATION



PRESENTS THE 16<sup>TH</sup> ANNUAL

**“COME ON OVER” 5K**

**ZOMBIE RUN**

Themed Costumes are Highly Suggested!

## Registration Form

\*\*Make all checks payable to Portland Parks and Recreation\*\*

\*\*P.O. Box 71, Portland, CT 06480\*\*

Registration Class	Early Bird <i>On or before Sept. 27, 2019</i>	Runner Up <i>After Sept. 27, 2019 or Day of Registration</i>
Walkers (all ages)	<b>\$15.00</b>	<b>\$20.00</b>
18 and under runners	<b>\$15.00</b>	<b>\$20.00</b>
19 and over runners	<b>\$20.00</b>	<b>\$25.00</b>

Chip Timing will be managed by Platt Timing- Manchester, CT

<b>Name:</b>		<b>Gender:</b>		<b>Age:</b>	
<b>Address:</b>			<b>City:</b>		<b>State:</b>
<b>Phone:</b>			<b>Email:</b>		
<b>Division:</b>	12 and under		13 to 15		16 to 18
	30 to 39		40 to 49		50 to 59
	70 and older		Walker		
<b>Shirt Size-</b> if registered before Sept. 27 or first 100 entrants	S	M	L	XL	XXL

**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, Administrative Assistant

# Thank You to our 2018 “Come on Over” Sponsors!

## THE FLOOD LAW FIRM, LLC

A & N Subway, LLC  
 Adam’s Food Store  
 BB Tees  
 Brownstone Quorum  
 Budget Blinds  
 Donahue Family  
 Gotta’s Farm  
 Hometown Garage

KC Lawn Care  
 Portland Discount Liquors  
 Portland Transmission, LLC  
 Portland Veterinary Hospital  
 Quality Welding Service  
 SNAP Fitness Portland  
 Top Dog Hot Dog, LLC  
 Water & Sewer Specialties, LLC

**“Come on Over” 5K Information!**

**Date:** Saturday, October 12, 2019  
**Rain or Shine**

**Start Time:** 9AM

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

**Awards:** Prizes will be awarded to top 3 male & female finishers in each age category. Award for best costume!

**Registration Options:**  
<https://RunsSignup.com/Race/CT/Portland/Comeonover5KandWalk>

- [www.portland.recdesk.com](http://www.portland.recdesk.com)
- Mail in or drop off to P&R office
- Day of Race 7:30-8:45 AM

**Bib #s and Timing:** May be picked up on the day of the race between 7:30 and 8:50 AM

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

**Inclement Weather:** Portland Parks & Recreation Hotline- 860-262-7234

