

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

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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:	Zip:
Phone:		Email:		
What is your ave	erage 5K time?			
	12 and under	13-15	16-18	19-29
Division:	30-39	40-49	50-59	60-69
	70-79	Walkers		

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, 2020Rain or ShineStart 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

- <u>https://portland.recdesk.com</u>
- 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	Portland Lions Club	
	Centre, INC.		
	Quality Welding Service, LLC	Portland Veterinary Hospital	
	Water & Sewer Specialties	The Donahue Family	