



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:			
What is your average 5K time?					
Division:	12 and under	13-15	16-18	19-29	
	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

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 Fax: 860-342-6763

Nate Foley, Director
 Andy Dionne, Recreation Coordinator

