

Portland's Parks and Recreation



"Come On Over" 5K

The Zombie Run/Walk

Take a spooky run/walk in the Haunted Woods!!

The Race starts at 9:00AM (registration starts at 7:30AM)



Saturday, October 14, 2017!!

Portland Riverfront Park

Main St to Middlesex Ave, Left on Brownstone Ave
Registration: (forms available at www.portlandct.org)

\$15 per runner prior to October 6th, 2017

\$20 per runner on or after October 6th, 2017

\$10 for any runner 19 and under thru race day

\$10 for walkers division – the course will be 2.1 miles



For more information call:

Sean Dwyer at 860-342-6757 or email sdwyer@portlandct.org

Theme Costumes are Optional with Prizes for the Best Ones!

This event is Rain or Shine!!



Sponsors 2016

SNAP Fitness

Guilmette Automotive LLC

Donahue Family

Connecticut Metal & Tool Supply

Portland Discount Liquors

Portland Transmission

Gotta's Farm

Brownstone Quorum

Quality Welding

BB Tees

Entry Form

Make all checks payable to Portland Parks and Recreation

\$15 pre-reg. before October 6 \$20 on and after October 6 or Race Day

\$10 for runner 19 and under or walker division

Send to Portland Parks and Recreation P.O. Box 71, Portland, CT 06480

Name: _____ Gender: ____ Age: _____

Phone: _____ E-mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Adult Shirt Size: S M L XL

Walker Division: Y N

Waiver: I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, Town of Portland and any individuals associated with this event, their representatives, successors and assigns, and will hold them harmless for any and all injuries in connection with this event. I attest that I am physically fit to compete in this 5K event. I grant permission for all of the foregoing to use any photograph, motion pictures, recordings or any other record of this event for legitimate purpose. 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.

SIGNATURE: _____ DATE: _____

Athlete's Signature (parent/guardian's signature if under 18)

PARENT SIGNATURE: _____ DATE: _____