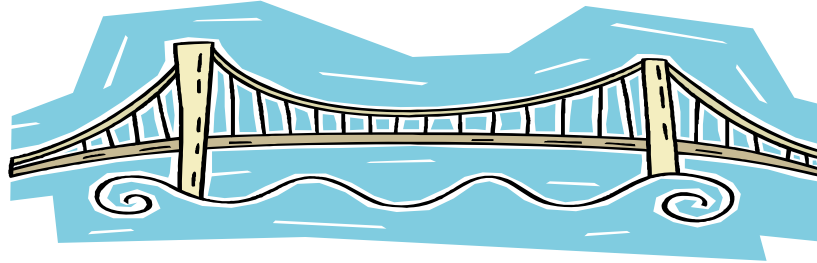


Portland's 2010 "Come on Over" 5K



- Date:** Friday, August 20th, 2010, Rain or Shine
- Time:** Race starts 6:30 pm (registration starts at 5 pm)
- Place:** Start and Finish at Portland Town Hall, 33 East Main Street
(Directions, road race course map, entry form, results, race photos and additional information can be found on the Portland web site, Portlandct.org under the "Come On Over 5K" link on the home page)
- Awards:** Prizes awarded to top 3 finishers in each age category
- Backpacks:** Draw-string sport backpacks first 100 entrants
- Entry Fee:** \$15 per runner/walker prior to August 13, 2010
\$18 per runner/walker after August 13, 2010
\$10 for any Portland residents 19 and under thru day of race
- Information:** Sean Dwyer at 860-342-6757 or email sdwyer@portlandct.org
- Registration:** Fill in attached form. Forms available at www.portlandct.org.
(Please click departments – Parks and Recreation)
(Runners can also register on day of race at Town Hall)
- Race Map:** To be published on town's web site and available on race day

Proceeds of the race will benefit the Portland Parks & Recreation programs
and the Portland High School Cross Country Team

2009 Sponsors:

Mr. Trophy LLC
BB Tees
Chris Cote Golf Shop
Portland West Golf Course
Tri-Town Foods
Dr. Mormile
Susan and Tom Bransfield
Bill and Kathleen Richards
Andrea Spaulding "Top Dog"
Dinosaur Mini Golf
Liberty Bank
Xpect Discounts Stores
CT Track Club
Portland Democratic Town Committee
Portland Parks and Recreation
Portland Grounds Division
Portland High School Cross Country Team
Portland Fire Department

RACE FORM:

***** Entry Form *****

Make check payable to Portland Parks and Rec. \$15 pre-reg before Aug 13, \$18 on after or on race day,
\$10 for Portland resident 19 or under.

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

Name _____ Sex _____ Age _____ Phone _____

Address _____ City _____ State _____ Zip _____

E-mail Address: _____

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 to 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 NAME (PRINT): _____

PARENTS SIGNATURE: _____ DATE: _____