The Elizabeth Portugal Day

1st Annual

5K Run/Walk

Sunday, May 31, 2026

RAIN OR SHINE!

Oak Ridge Park

136 Oak Ridge Road
Clark, NJ 07066

8:00 AM Check-In | 9:00 AM Start





ONLINE REGISTRATION ONLY

Early Bird: $30 (through 4/19/26)
Regular: $35 (4/20 – 5/16/26)
Late: $40 (5/17 – Event Day)

To guarantee t-shirt size, must register on or before 5/16

PRIZES WILL BE AWARDED!

Portion of proceeds to be donated to
The Michael J. Fox Foundation
for Parkinson's research &
Breakthrough T1D: Type 1 Diabetes

For sponsorship opportunities or questions:
Email: info@elizabethportugalday.com
Phone: 908-577-1799

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FRANK DE PINHO, D.D.S.

FERREIRA TAVARES INSURANCE AGENCY

Citizens