

PAAVO NURMI RUN/WALK 2016

July 30, 2016 - 8:00 a.m. - 5K 3.1 miles



REGISTRATION:

\$15 run/walk registration fee does not include T-shirt. \$25 registration fee including a t-shirt. There will be limited race T-shirts available on July 30. Please pre-register by June 18th to ensure you will get a race t-shirt.

COURSE:

The course will begin and end at the Naselle High School track. The race will start with a lap around the track, proceed down to the DOT building and follow the road behind building for 1 mile. You will then return back for another lap around the track to the **Finnish Line** where you will be met by a cheering crowd for a job well done! Water will be available at the turnaround point. This course is a gradual uphill run for 1 mile out and a nice downhill run back to the school. Runners and walkers should be aware the course is a gravel road and using caution is necessary.

AWARDS 9:30 AM NHS TRACK:

This year a different variety of awards will be given to runners. Youngest, oldest, fastest male, fastest female, and the runner who travelled the farthest will receive medals.

***Pannukakku Breakfast (Finnish Pancake) is available for purchase beginning at 7am at the ESA, Alpha Theta booth located inside the school and will be available after the race.

Showers will be available after the race in the school gym. Bring your own towel etc.

OFFICIAL ENTRY FORM (Copy if needed)

LAST NAME: _____ FIRST NAME: _____ Male/Female
(Circle One)

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

EMAIL Address: _____

SHIRT SIZE: **ADULT:** S M L XLG XXLG **CHILD:** S M L XLG (Circle One)

DIVISION:(Circle One) 14 & under 15 - 34 35 - 54 55 - 69 70 & Over

If you are 14 and under please indicate age, or if you are 70 & over please indicate age.

EVENT: (Pick One): 5K RUN: _____ 5k WALK: _____

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages I may accrue against the Naselle Finnish-American Folk Festival; Paavo Nurmi Run; and any and all sponsors of this run heretofore named The Paavo Nurmi Run, their successors, representatives and assigns for any and all injuries suffered by me while participating in the Paavo Nurmi Run, to be conducted July 26, 2014 in Naselle Washington. Furthermore, I attest that I have trained adequately for this event.

Signature: _____ **Date:** _____

Signature of runner/walker of parents/guardian if under 18.

MAIL ENTRY TO: FAFF, PAAVO NURMI RUN - PO Box 99, NASELLE, WA 98638 (PRE REGISTRATION DUE 7-18-16)

