



Paavo Nurmi Walk/ Run 2022

July 30, 2022- 8AM- 5K 3.1 Miles

FAFF
PO BOX 156
Naselle, WA 98638
www.nasellefinnfest.com

Registration:

\$ 15 run/walk registration fee does NOT include a T-shirt. \$25 registration fee including a T-shirt. There will be a limited amount of race T-shirts available on the day of the run. Please Pre- register by July 18th to ensure that you will get a race T-shirt. You can register the day of the race at the starting point. If you intend to register the day of the race please arrive early.

Course:

The course will begin in the Assembly of God Church parking lot at 278 Knappton RD. The race will proceed down the road, and there will be a check point to turn around at. The race will also end in the church parking lot.

Awards:

Awards will be given during the opening ceremony in the Grand Stands at the school.

***Pannu Kakku Breakfast (Finnish pancake) is available for purchase beginning at 7am in the Home Ec room at the school.
***Showers will be available after the race in the school gym. Bring your own towel etc.

Official run entry form

Last name: _____ First name: _____ Male/ Female

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

Shirt Size: **Adult:** S M L XL XXL **Child:** S M L XL (circle one)

Division: (Circle one): 14 and under 15- 34 35-54 55-69 70+

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 30, 2022 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.

Make checks payable to the Naselle Finnish American Folk Festival (FAFA).

MAIL ENTRY TO: FAFF, PAAVO NURMI RUN – PO Box 156, NASELLE, WA 98638
(PRE REGISTRATION DUE 7-18-22)