

OFFICIAL ENTRY & RELEASE FORM

41st ANNUAL!! PAAVO NURMI MARATHON & RELAY – August 8, 2009, Upson to Hurley, Wisconsin

Please print clearly – Relay Teams must fill out one form for each person.

Name (First) _____ (Last) _____ Marathon 1/2 Marathon
 Mailing Address _____
 City _____ State _____ Zip _____ Shirt Size: S M L XL
 Phone (____) _____ Birthdate _____ Sex _____ Age _____

Have you participated in the Paavo before? Yes No How Many? _____

Would you like to receive confirmation of your entry? Yes No Email: _____

In consideration of this entry being accepted, and desiring to be legally bound to myself, my heirs, assigns, executors, and administrators, I hereby waive and release any of the sponsoring groups, officials, or owners of facilities, or any and all private homeowners, attendants, or any or all people and facilities connected with the Marathon and Relay, for any and all injuries suffered by me at said Marathon and Relay, or on the way to or from said Marathon and Relay. I further hereby certify that I am physically fit to run the Paavo Nurmi Marathon and Relay on August 8, 2009. Athletes who participate in this competition may be subject to formal drug testing in accordance with USATF rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event, and will lose eligibility for future competitions.

Entry Fee (Enclosed): (Non-refundable)	
Marathon/1/2 Marathon	\$45 _____
After July 10	\$50 _____

Signature (Guardian's Signature, if entrant is under 18 years of age)
 Make checks payable to Paavo Nurmi Marathon, 316 Silver St., Hurley, WI 54534

This form may be duplicated.

REGISTRATION INFORMATION

Registration Day
 9:00am – 7:00pm on Friday, August 7, 2009, at the Hurley Area Chamber of Commerce, 316 Silver Street, Hurley. *Participants must be pre-registered in order to pick up race packets on race day.*

Starting Time
 7:30am in Upson, Wisconsin. Bus from downtown Hurley to start line available beginning at 5:45 am.

Race Results
 Viewed online at www.hurleywi.com
Marathon and 1/2 Marathon Divisions

Men's	Women's
1 st -10 th Overall	1 st -5 th Overall
15 & Under	17 & Under
16-21	18-22
22-29	23-29
30-34	30-39
35-39	40-49
40-44	50-59
45-49	60 & Over
50-54	Wheelchair
55-59	Handcycle
60-69	
70 & Over	
Relay Team Divisions	5 Person Teams
2 Person Teams	Men
Men	Women
Women	Mixed (2 women)
Mixed	Men's Masters
Men's Masters	Women's Masters
Women's Masters	Mixed Masters (2 women)
Mixed Masters	
(Master's Teams – 40 & over)	

Finish Line

Mojakka (Finnish Stew), Refreshments, Fruit & Bread provided at the Finish Line. Finish Line closes at 1:30pm. Walkers should notify staff at registration.

Awards

Traditional T-shirts & Finisher's Medals to the 1st 300 marathon finishers on race day, the remaining finishers' shirts will be mailed. Top 3 finishers in each marathon age division receive awards. Awards given to 1st, 2nd and 3rd place teams in each relay division. No duplicate awards given. No ties allowed.

IMPORTANT

Absolutely no bicycles, roller skates or unofficial motorized vehicles allowed on the course. Relay Teams will be allowed 2 vehicles only on the course to drop off & pick up team members. (Official Vehicle Signs will be provided at registration for Relay Team Vehicles)

**IRON COUNTY
 HERITAGE FESTIVAL
 JULY 24 – AUGUST 9, 2009**

Plan your vacation around "The Paavo"! A variety of Fun Family Events including Arts & Crafts Fairs, Ethnic Meals, Parade, History Tours, Concerts, Dances, Museum Programs and much more. For a schedule of events, call the Iron County Development Zone Council at (715)561-2922 or e-mail: jenni@ironcountywi.com

Spaghetti Feed

The very popular "carbo-loading" spaghetti dinner will be held on Friday, August 7th. Details and directions will be provided at the registration site.

Torchlighting Ceremony

Held on Friday, August 7th. Kick-off to "The Paavo" weekend includes Music & Entertainment starting at 7:30pm, with the lighting of the Paavo torch at 8:30.

Post Race/Awards Party/Prize Drawings

The "Post Paavo Party" will be held Saturday, at the finish line in Hurley, from 12:30pm to 8:00pm. Live Music, Food, & Refreshments will be featured. Awards to be given out at approximately 1:00 pm, plus drawings for prizes (must be present to win).

Refreshments **Food Prizes**
Fun!! **Music**

Relay Team Participants

- Relay team participants must be preregistered by Monday, August 3, in order to receive a shirt.
- The Relay identification tags must be worn on both front and back.
- Each team must provide its own transportation to and from relay points (with the exception of the mile 5 split). Each team may have only two vehicles on the race course and they will be given vehicle passes.
- Vehicles must be parked in front of relay hand-off areas on the right side of the road.
- Each team member must complete & sign an entry form.
- Each 5 person mixed and mixed masters relay team must have at least 2 women.
- Only one relay team member (last leg) may cross the finish line.
- Failure to follow rules will result in team disqualification.