



# Flying Finn 5K Run/Walk



## Participant Information

- **Contact:** Christina Forsythe 218-750-8831
- **Registration:**
  - Pre-registration is appreciated.
  - Registration begins Saturday at 8:30am
- **Event Time:** Race begins at 9:30am
- **Entry Fee:** Pre-registration \$20, Day of the Event \$25
- **Awards:**
  - \$50 for the 1<sup>st</sup> place male and female finishers
  - 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medallions for runners in each division.
- **Divisions:** 19 and under, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 and over
- **Other:** Flying Finn t-shirt for all participants (pre-register to guarantee sizing)

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## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

I will participate in (check one): \_\_\_\_\_ 5K Run \_\_\_\_\_ 5K Walk

Adult t-shirt size: **S M L XL 2XL**

Please mail registration form and fee to:  
Christina Forsythe, PO Box 76 Embarrass MN 55732

Waiver: I hereby release the Embarrass Region Fair Association, its members, or any persons connected with this competition from all liability or damages.

Signature: \_\_\_\_\_

