

5th Annual Runnability



5th Annual Runnability
5K Fun Run and 1.5 Mile Walk
St Louis, Missouri
June 3, 2009

I wish to sign up for the 5th Annual Runnability Fun Run/Walk taking place at PaperCon '09 on Wednesday, June 3, beginning at 6:00 a.m. The event will feature a 5 K run and a 1.5-mile walk. Prizes will be given for recognition of achievement for 1st, 2nd, and 3rd place in both the 5 K Run/Men and 5 K Run/Women.

Proceeds from the 5th Annual Runnability 5K Fun Run/Walk will be donated to the TAPPI Engineering and Coating Division Scholarship Funds. The fund awards scholarships to deserving college students in pulp and paper science and technology programs.

The entry fee is a minimum donation of \$25.00. Full-time students may register for \$10.00.

Please check in with us at TAPPI registration to receive your race number, t-shirt, bag, and race day instructions.

Name: _____

Email Address: _____

Company/University: _____

Yes, sign me up for the 5th Annual Runnability 5K Fun Run/Walk, June 3, 2009:

My Check for \$_____ (Minimum tax deductible donation is \$25.00, full-time students \$10.00), payable to TAPPI, is enclosed.

My T-Shirt size is: Medium Large X-Large

I will participate in the: 5 K Run/Men 5 K Run/Women

I will participate in the: 1.5-mile Walk

I will not participate in the Fun Run: \$25 Donation
 Other \$_____

Please mail payment and sign-up form to: TAPPI
ATTN: Shauna Rice
15 Technology Pkwy S
Norcross, GA 30092

St Louis TAPPI 2009 Fun Run Waiver

I understand that running is a potentially hazardous activity. I affirm that I have trained for this event and am medically able to participate in it. In consideration of the acceptance of my entry, I do hereby waive and release any rights and claims for damage I may have against all sponsors, organizers, contractors, and other parties associated with the Runnability Fun Run/Walk, including but not limited to TAPPI, Making Tracks Event Management, the City of St. Louis, and the United States of America. I agree to save and hold harmless the United States of America, its agents and employees, from any and all claims, damages, suits of law or equity of whatever kind of nature for damages to or loss of property or injury or death to persons resulting directly or indirectly from or attributable to my participation in the Runnability Fun Run/Walk. I understand that this event may be cancelled by the race director or race manager if circumstances so warrant.

Signature: _____ Date _____