

# Couch Pit University 2009 Spouse / Guest Program

CPU spouses and guests can enjoy a special program on Saturday and Sunday for \$20 per person which includes breakfast each morning. Additional fees may apply to extra activities depending on what you choose to do.

## Saturday, May 30, 2009

7:00 to 9:30am: Welcome Couch Pit Spouse/Guest Hospitality Room Continental Breakfast

9:30 to 10:00am: Welcome to St. Louis Orientation Program

Hosted by an official St. Louis Ambassador, you'll find out where to go, what to do, where to shop, and where to eat.



10:30am: Historic City Walking Tour

After the orientation program, enjoy a **Historic City Walking Tour** and see the richly diverse city filled with historical sites rich in American history and architecture. Put on your comfortable walking shoes, grab some friends, and journey on a walking tour of downtown St. Louis. Visit and tour the famous Arch, Laclede's Landing for lunch, and continue onto the Loop of Fame, Union Station, and the Cathedral Basilica of St. Louis. Do as much or as little as you would like.

6pm: Couch Pit University Reception (additional fee required)

7pm: Couch Pit University Dinner (additional fee required)

## Sunday, May 31, 2009

7:00 to 9:30am: Spouse/Guest Hospitality Room Continental Breakfast

8:00am to 8:00pm: Conference Registration & Runnability 5K Run and 1.5 Mile Walk Registration open

6:00 to 8:00pm: PaperCon Welcome Reception and Hospitality in the Exhibit Hall (must also register as a PaperCon Spouse/Guest to attend)

## PaperCon Spouse / Guest Events

During the conference, spouses and guests can enjoy a special program, make acquaintances and enjoy the conference meals and receptions. The cost is \$50 per person and includes breakfast each morning.

## Monday, June 1, 2009

8:00 to 11:00am: Spouse/Guest Hospitality Room Continental Breakfast

8:00 to 9:30am: PaperCon Opening Session. Listen to Keynote Speaker Thomas Easterday of Subaru speak on Sustainability-Green Manufacturing

10am: Welcome to St. Louis Orientation Program

Hosted by an official St. Louis Ambassador, you'll find out where to go, what to do, where to shop, and where to eat.



### 11:30am: Historic City Walk About

After the orientation program, enjoy a **Historic City Walking Tour** and see the richly diverse city filled with historical sites rich in American history and architecture. Put on your comfortable walking shoes, grab some friends, and journey on a walking tour of downtown St. Louis. Visit and tour the famous Arch, Lacede's Landing for lunch, and continue onto the Loop of Fame, Union Station, and the Cathedral Basilica of St. Louis. Do as much or as little as you would like.



4:30 to 7:00pm: Conference Reception and Hospitality in the Exhibit Hall

7:30 to 10:30pm: PaperJam (Gala Event) at The City Museum  
Enjoy one of St. Louis' most interesting attractions. Transportation provided. Dress is business casual.

## Tuesday, June 2, 2009

8:00 to 10:00am: Spouse/Guest Hospitality Room Continental Breakfast

### 9:30am to 4:00pm: St. Louis: A La Carte

From St. Louis' vast menu of attractions, select those that whet your appetite for fun. Here are a few suggestions:

**Missouri Botanical Gardens:** A Feast for the Senses awaits at the Missouri Botanical Garden. The 79-acre Eden is among the top three public gardens in the world. By tram or on foot, wander through Japanese, English, Rose and Herb gardens, a tropical rain forest. Take home ideas from more than 20 themed residential gardens. The Garden Gate and Little Shop around the Corner add a unique shopping opportunity as well. [Missouri Botanical Garden](http://www.mobot.org) [www.mobot.org](http://www.mobot.org)



**Anheuser-Busch Brewery Tour:** If you thirst to learn about the history and process of beer-making, select the Anheuser-Busch Brewery. The free hour-long tours include the Brewhouse, Bottling facility and Clydesdale Stables and Tack Room. "The Hill" Italian neighborhood features great restaurants and specialty shops for your enjoyment. [Anheuser-Busch Brewery](http://www.budweisertours.com) [www.budweisertours.com](http://www.budweisertours.com) The Hill [www.stlouis.missouri.org/thehill](http://www.stlouis.missouri.org/thehill)

**Crave Shopping?** The **St. Louis Galleria** offers 165 stores to fill you up. If eclectic shops are appealing, The **Delmar Loop** awaits.

**Washington Avenue** is a great choice for sampling specialty shops close to the Convention Center. **Macy's Downtown** is a 5-minute walk for a quick "Shopping Fix". St. Louis Galleria [www.stlouisgalleria.com](http://www.stlouisgalleria.com) Delmar Loop [www.VisitTheLoop.com](http://www.VisitTheLoop.com) Washington Ave: [www.shopdowntownstl.com](http://www.shopdowntownstl.com)



**Forest Park:** For the undecided Forest Park would be a great choice. Home to the St. Louis Art Museum; Missouri History Museum; The St. Louis Zoo; the St. Louis Science Center (with OmniMax Theater and McDonnell Planetarium); and the Jewel Box Greenhouse, Forest Park offers lots to sample in a beautiful urban park setting.

[Forest Park](#)

[www.stlouis.missouri.org/citygov/parks/forestpark](http://www.stlouis.missouri.org/citygov/parks/forestpark)

**5:00 to 7:00pm: Conference Reception in the Exhibit Hall**

**7:00 to 10:00pm: TAPPI/PIMA Annual Awards Dinner and Dance.** Additional registration required. Cost is \$35 per person. Dress is business casual.

**Wednesday, June 3, 2009**

**6:00 to 8:00am: 5<sup>th</sup> Annual Runnability 5K Run/ 1.5 Mile**

**Walk** Start your day with some exercise and see the beautiful St. Louis Arch and River Front area. Proceeds benefit pulp and paper college scholarships. Separate registration required, cost is \$25 to participate, \$10 for students.

**8:00 to 9:30am: Spouse / Guest Hospitality Room Continental Breakfast**

**9:30 to 10:30am: In-House Program: Yoga for Everyone** Learn to relieve a bit of that stress, find a venue for some quiet time, and recapture some of that flexibility. Come join us for an hour of professionally led Yoga exercises for every Body to discover what Yoga can offer for your body, your mind, and your spirit. Yoga instructor provided by the YMCA of Greater St Louis, Marquette Branch.



For more information about PaperCon'09, special events and registration, go to [www.papercon.org](http://www.papercon.org)

**See you in St.Louis!**