



Celebrate America Recycles Day



at the
Leon County Solid Waste Management Facility
7550 Apalachee Parkway

Saturday, November 19, 2011

**Open House
5K Trash Dash
1-Mile Recycling Run
Compost Bin/Rain Barrel Sale
Free Paper Shredding
Recycling Activities
Vendor Displays
Live Music
Tours**

*Bring Items to Reuse or
Recycle*

**BOOKS
GLASSES
SHOES
PLASTIC BAGS
ALUMINUM CANS
STYROFOAM**

**8:00AM: 1-mile Recycling Run
8:30 AM: 5K Trash Dash
9:00 AM America Recycles Day booths open
9:15 AM TOURS begin
9:30 AM Race Awards
1:00 PM Event Closes**



Visit LeonCountyFL.gov/Recycling for details.

SUSTAINABLE TALLAHASSEE and LEON COUNTY RECYCLING



host America Recycles Day with a TRASH DASH and RECYCLING RUN Registration Form



Date & Location: Saturday, November 19, 2011
7550 Apalachee Parkway, Leon County Solid Waste Management Facility

Time: 7:00 am Registration
8:00 am Recycling Fun Run (*registration required*)
8:30 am Trash Dash (5K)
9:30 am Awards

Awards: 12 and under
2 deep in 10-year age groups
Overall Male/Female
Overall Masters Male/Female

Course: Over 30 years of buried waste, around wildlife habitats and innovative waste management technology demonstrations.

Early Registration: 5K Trash Dash: \$15 includes t-shirt
(*t-shirt made out of recycled plastic bottles*)
Recycling Run: \$5 (no t-shirt)

Early Registration Deadline:
November 12, 2011

Mail Registration to:
Sustainable Tallahassee
P.O. Box 765
Tallahassee, FL 32302

Register Online:
RaceIt.com
SustainableTallahassee.org

Race Day Registration: 5K Trash Dash \$20 with t-shirt or \$15 without t-shirt. Extra t-shirts will be available for \$10.

Name: _____ Age: _____ Male _____ Female _____

Phone #: _____ E-mail: _____

Address: _____

Shirts:

S _____ M _____ L _____ XL _____

City/State/Zip: _____

No Shirt (circle choice)

WAIVER: In consideration of your acceptance of my entry as a participant in the 2011 Sustainable Tallahassee Trash Dash and or Recycling Fun Run, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Sustainable Tallahassee and Leon County, FL, their officers and directors, members or representatives and all volunteers and others promoting or assisting in any way the promotion or organization of The Trash Dash and Recycling Fun Run races, which may arise from my participation in the these races on November 19, 2011 or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

Signature: _____ Date: _____