



# Celebrate America Recycles Day

Register at  
**RACEIT.com**



by running the  
**5K Trash Dash**

at the  
**Leon County Solid Waste Management Facility**  
7550 Apalachee Parkway

**Saturday, November 10, 2012**



America Recycles Day  
**NOVEMBER 15<sup>th</sup>**



**Open House**  
**Compost Bin/Rain Barrel Sale**  
**Free Paper Shredding**  
**Recycling Activities**  
**Vendor Displays**  
**Live Music**  
**Tours**

Bring Items to  
Reuse or Recycle

**BOOKS**  
**GLASSES**  
**SHOES**  
**ALUMINUM CANS**  
**STYROFOAM**



*7:30 AM Race Registration*  
*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*



[GrowingGreen.org/Recycling](http://GrowingGreen.org/Recycling)

# SUSTAINABLE TALLAHASSEE and LEON COUNTY RECYCLING



host **America Recycles Day** with a

## 5K TRASH DASH



### Registration Form

**Date & Location:** Saturday, November 10, 2012  
7550 Apalachee Parkway, Leon County Solid Waste Management Facility

**Time:** 7:30 am Registration  
8:30 am 5K Trash Dash  
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 and NEW this year, through Leon County's Cross Country Course.

**Early Registration:** 5K Trash Dash: \$15 includes t-shirt (t-shirt made out of recycled materials) \$10 without t-shirt

**Early Registration Deadline:** November 7, 2012

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

**OR**

**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 2012 Sustainable Tallahassee Trash Dash, 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 10, 2012 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 over paved roads, gravel and grass paths and other cross-country terrain 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: \_\_\_\_\_