

Hapi-ness 5K

The 23rd annual Hapi-ness 5K benefit will be held on Saturday, May 16, 2009. The Hapi-ness 5K was established in 1987 by the ninth grade class of Laramie Junior High School in memory of their classmate, Hapi Patterson, who died of leukemia that year. Since its beginning, over thirty families have received help with medical bills.

The proceeds from the 2009 Hapi-ness 5k will go to Christy Gilchrist. She is married to Chris and has sons Dustin who is a 7th grader at LJHS and Tyler who is in 5th grade at Linford. Mrs. Gilchrist has recently been diagnosed with ovarian cancer. There will also be a memorium to the Ray of Hope Foundation in the name of Lori Schneider mother of Joshua who is a 7th grader at LJHS.

The Hapi-ness 5K is open to all runners and walkers who would like to participate. After more than 20 years of growth, fun, and service to the Laramie community, we would like to make this 23rd edition of Wyoming's premiere 5K benefit the biggest and best ever.

Anyone wishing to make a donation may do so by mailing it to—

Hapi-ness 5K
c/o Dennis Rimmasch
1355 North 22nd
Laramie, Wyoming
82072



AWARDS AND PRIZES!

All participants will receive a race T-shirt styled in the unique Hapi-ness 5K tradition, a participant ribbon, and a chance for many prizes donated by many local merchants to be given away in a drawing after the race.

Again this year, there is a special addition to the prizes awarded. Laramie Junior High teachers, staff members and their families will be donating hand-crafted items to be presented at the post-race drawing.

Handsome solid walnut and black brass plaques or medals will be presented to the first five finishers for male and female in each of the following categories:

| School Categories | Regular Categories | | Special Categories |
|------------------------------|--------------------|----------------------|--|
| 2nd grade & under | 16-19 | 40-49 | A. LJHS Staff B. Family C. Elementary |
| 3rd grade 7th grade | 20-29 | 50-59 | |
| 4th grade 8th grade | 30-39 | 60 -69 | |
| 5th grade 9th grade | | 70 & over | |
| 6th grade | | | |
| | | | |

- A. Entrants in the Laramie Junior High Staff category must work at Laramie Junior High School.**
- B. To qualify as an entry in the family category, at least 3 immediate family members must take part and both sexes must be represented. Three medals will be given per family. Racers entered in the family competition are not eligible for awards in any other category.**
- C. The elementary school with the largest percent of representatives will win a bronzed running shoe traveling trophy. Students, teachers, and staff of each elementary school are eligible to participate.**

Saturday, May 16 • 8:30 a.m.

23rd Annual HAPI•NESS 5K Run/Walk

Where:

Laramie Junior High School
1355 North 22nd Street
Laramie, Wyoming 82072

How: Mail all entry forms prior to the race to:

Hapi•ness 5K
c/o Dennis Rimmasch
1355 North 22nd
Laramie, WY 82072

Entry:

The entry fee is \$10 for students and \$15 for adults.

Family registration is \$10 per family member, with a maximum charge of \$50 per household. The registration fee includes a T-shirt, (an extra charge of \$5 will be added for long-sleeved shirts), a participant ribbon, and a chance for the prizes given away after the race. Shirts can be mailed to you for \$5.00 surcharge.

When: May 16, 2009

Non-Profit Organization
U.S. POSTAGE PAID
Laramie, WY
82070
Permit No. 36

Hapi•ness 5K
Laramie Junior High School
c/o Dennis Rimmasch
1355 North 22nd
Laramie, WY 82072

DETACH HERE

Hapi-ness 5K Entry Form

NAME _____
STREET _____
CITY, STATE ZIP _____
SEX: (Circle) M F GRADE (K-12) _____ School _____
PHONE _____ home _____ work _____

T-SHIRT SIZE (Please circle one)

LS=LONG SLEEVE * A surcharge of \$5 will be added.
short sleeve S M L XL XXL
long sleeve S*LS M*LS L*LS XL*LS XL*LS

For \$5.00 shirt will be mailed to you. * Address must be complete for us to mail the shirt..

I hereby do declare that my physical condition is adequate to participate in the 23rd Annual Hapi-ness 5K. I, the undersigned, waive any and all rights and claims for damages I may have against ACSD #1 and their representatives for any injuries suffered by me in said event.

Signature _____ (guardian if under 18)
Make checks payable to "Laramie Junior High School." Return entry form with fee of \$10/\$15 to Dennis Rimmasch, Laramie Junior High School, 1355 North 22nd, Laramie, WY 82072.

| | | |
|--------------------------------|-------------------|--------------|
| \$10/\$15 PD* shirt STUDENT | t-shirt delivered | bib # |
| \$15/\$20 PD* shirt ADULT | t-shirt out-order | family entry |

| | | |
|------------------------------|------------|--------|
| CATEGORY (PLEASE CIRCLE ONE) | | |
| 16-19 | 20-29 | 30-39 |
| 40-49 | 50-59 | 60--69 |
| 70+ | LJHS Staff | |
| Family (name) | | |
| NO RACE, just T-shirt | | |

Mail shirt to: (add \$5.00 charge)
