The Details

WHEN

Saturday August 18th, 2018

75 Mile Riders: 6:30AM Check-in 7:00 Start 45 Mile Riders: 7:30AM Check-in 8:00 Start 30 Mile Riders: 8:00AM Check-in 8:30 Start

WHERE

Kaiser Permanente 5615 W. Sunset Highway

Start is top of Sunset Hill, across from Diamond Storage. Here riders will pick up their route maps and t-shirts or jerseys (for pledge riders).

Early Check-in: Friday, August 17th from 12:00-7:00 pm at WHEEL SPORT, 3020 S Grand Blvd, Spokane WA 99203.

WHAT TO BRING

Each rider is responsible for the mechanical condition of his or her bicycle. It is advised that each rider carry a spare tube, patch kit, and bike pump. All riders are required to wear an ANSI approved bike helmet while riding. Snacks and beverages will be provided at rest stops along the route.

THE END OF THE TRAIL

The ride ends at Kaiser Permanente with food and entertainment. Enjoy Roast House coffee, David's Pizza and Ben & Jerry's ice cream, serving from 10:30 am to 2:00 pm!

THE PLEDGES...THE PRIZES!

Great prizes for individuals raising pledges. **PLUS** riders who raise a minimum of \$200 in pledges receive a 20th anniversary 8 Lakes Leg Aches Jersey, Long Sleeve Tee & Socks. Additional prizes for riders raising \$500 or more. Sponsor yourself then collect pledges from family and friends.

For More Information
Call (509) 343-5020
www.lesnw.org/8lakesride

The Route

Each rider will receive a detailed map of the route on ride day. Each rider chooses the distance he/she wants to ride: 30, 45 or 75 miles. The entire route (approx. 75 miles) passes Willow, Granite, Silver, Medical, Clear, Chapman, Kepple and Fish Lakes (8 Lakes). NOTE: 75 mile riders: food/rest stop at Chapman Lake from 10:00 am to 2:00 pm.

Riders will experience some of the most spectacular scenery around Spokane and Cheney. Riders can rest and refuel at several snack stops along the route. SAG wagons will patrol the course and corner marshals will be stationed along the route to assure rider safety. Check 8 Lakes website for "Policy for Event Contingencies Due to Poor Air Quality."

Our 2016 Sponsors















Eves For Life









Presented by Kaiser Permanente and Lutheran Community Services Northwest to benefit vital programs for children & families.







A Scenie Ride with

a Touch of the Burn!

Saturday August 18th, 2018 Celebrate the joy of cycling!



Choose from 3 routes: A leisurely 30-mile ride or more challenging 45-mile & 75-mile treks.
There's a ride for all levels of ability!

3RD SATURDAY IN AUGUST

Presented by





The Registration

Name:		
Address:		
City:State:_	Zip:	
Phone: ()Email:_		
Emergency Contact:	Emergency Phone: ()	
I/we am riding (circle one) 30mi. 45mi. 75mi. □ Single Rider □ Team Rider	Bike Raffle Specialized Roubaix Carbon Road Bike	
Team Name:	Value: \$1,900 Ticket donation \$2.00 each	
T-Shirt Size: (circle one) S M L XL XXL Jersey Size: (circle one) S M L XL XXL Sock Size: (circle one) S/M L/XL	Donated by: VHEEL SPORT B · I · C · Y · C · L · E · 5	
□ \$50 Ride Only □ \$60 includes Long Sleeve Tee □ \$75 LS-Tee & 8 Lakes Socks □ \$200 LS-Tee, Socks, 20th Anniversary Jersey □ \$500 or more receive additional prizes □ Donation: \$ TOTAL ENCLOSED: \$	3020 S Grand, Spokane, WA (509) 747-4187 Raffle tickets available at registration on 8/18/18 or Spokane Bike Swap on April 14th or call (509) 343-5020. Bike Raffle Drawing held on August 18th, 2018. Winner selects size and men's/women's. Need not be present to win. Must be 18 years or older to purchase tickets.	
Method of payment: ☐ Cash/Check ☐ Bank Card (Visa or MC)	Proceeds benefit Lutheran Community Services NW.	
Credit Card #Exp. Date		
Signature: Please include entry fee with your registration Must be postmarked by 8/13/18 LATE FEE \$10 Per Rider All riders are required to sign a release at registration.		

Rider's Name:	Phone #:
Rider 3 Maine.	τ

Rider Pledge Form		
DONOR NAME	ADDRESS	PLEDGE AMOUNT

Make checks payable to: Lutheran Community Services Northwest

Mail Pledge Form and Sponsor Pledges no later than 8/13/18

Mail registration & release form to:

Lutheran Community Services Northwest

210 W. Sprague Ave. • Spokane, WA 99201

Phone: (509) 343-5020