

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.lcsnw.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 2018 Sponsors



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



210 W Sprague Ave
Spokane WA 99201

20th Anniversary 8 Lakes Leg Aches

*A Scenic 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



