

# The Details

## WHEN

Saturday June 22nd, 2019

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, June 21st 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 21st anniversary 8 Lakes Leg Aches Jersey, T-Shirt & 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](http://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 2019 Sponsors

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



LUTHERAN  
 Community  
 Services  
 NORTHWEST  
 210 W Sprague Ave  
 Spokane WA 99201

# 21st Anniversary 8 Lakes Leg Aches

*A Scenic Ride with  
 a Touch of the Burn!*

Saturday June 22<sup>nd</sup>, 2019

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!

**Moved to June!**

Presented by



Non-Profit Org.  
 U.S. Postage  
**PAID**  
 Spokane, WA  
 Permit # 1097

# 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

Team Name: \_\_\_\_\_

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

\$50 Ride Only

\$60 includes Performance T-Shirt

\$75 T-Shirt & 8 Lakes Socks

\$200 T-Shirt, Socks, 8 Lakes Jersey

\$500 or more receive additional prizes

Donation: \$ \_\_\_\_\_

**TOTAL ENCLOSED: \$ \_\_\_\_\_**

Method of payment:

Cash/Check  Bank Card (Visa or MC)

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature: \_\_\_\_\_

Please include entry fee with your registration Must be postmarked by 6/17/19 LATE FEE \$10 Per Rider  
All riders are required to sign a release at registration.

**For More Information Call (509) 343-5020 or [www.lcsnw.org/8lakesride](http://www.lcsnw.org/8lakesride)**

Rider's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

## 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 6/17/19*  
Mail registration form to:  
**Lutheran Community Services Northwest**  
210 W. Sprague Ave. • Spokane, WA 99201  
Phone: (509) 343-5020