### 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.”

### The Details

**WHEN**
- Saturday July 18th, 2020

**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).

**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 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 an 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.

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<table>
<thead>
<tr>
<th>75 Mile Riders</th>
<th>Check-in</th>
<th>Start Time</th>
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<tbody>
<tr>
<td>6:30 am</td>
<td>7:00 am</td>
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<tr>
<td>7:30 am</td>
<td>8:00 am</td>
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<tr>
<td>8:00 am</td>
<td>8:30 am</td>
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</tr>
</tbody>
</table>

** WHEN **
- 6:30 am Check-in 7:00 Start
- 7:30 am Check-in 8:00 Start
- 8:00 am Check-in 8:30 Start

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

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

Team Pledge Form

Bike Raffle

Salsa Warbird Carbon Gravel Bike  
(Value $1,999) 
Ticket donation $2.00 each

Donated by:

WHEEL SPORT BICYCLES

3020 S Grand, Spokane, WA  
(509) 747-4187

Raffle tickets available at registration on 7/18/20 or call (509) 343-5020. Bike Raffle Drawing held on July 18th, 2020.  
Need not be present to win. Must be 18 years or older to purchase tickets. Proceeds benefit Lutheran Community Services NW.

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