

# The Details

## WHEN

May 29th-June 5th, 2021.

This is a self-supported, self-guided bike ride.

## WHERE

You pick your favorite ride. Take the journey from your own doorstep during the week of May 30th. Ride in one session or break it up into sections throughout the week. Share your experience and photos on 8 Lakes Facebook Events or Instagram using #8Lakes.

## 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.

## THE END OF THE TRAIL

June 5th, 8:00-11:00 AM - LIVE ON FACEBOOK #8Lakes. Document and share your ride on social media at #8Lakes so we can enjoy it with you. Acknowledge Sponsors and Top Pledge Riders. In town, participants enjoy 3-slices of David's Pizza.

## THE PLEDGES...THE PRIZES!

Great prizes for individuals raising pledges. **PLUS** riders who raise a minimum of \$200 in pledges receive an 8 Lakes Long Sleeve Jersey & 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)**



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A Century of Health, Justice and Hope  
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## Our 2021 Sponsors



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WHEEL SPORT  
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In loving memory,  
Dr. Mark Paxton

MCP



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



LUTHERAN  
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NORTHWEST  
210 W Sprague Ave  
Spokane WA 99201

Non-Profit Org.  
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Spokane, WA  
Permit # 1097

23rd Anniversary  
**8 Lakes  
Leg Aches**

**A Virtual Ride**

*peddling for a Purpose!*

**Sunday, May 29<sup>th</sup> through  
Saturday, June 5<sup>th</sup>, 2021**



Presented by



# The Registration

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

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: (\_\_\_\_) \_\_\_\_\_

I/we am riding (circle one)

30mi. 45mi. 75mi. 100mi.

Single Rider  Team Rider

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

Long Sleeve Jersey Size: (circle one)

S M L XL XXL

Sock Size: (circle one)

S/M L/XL

- \$40 Ride Only
- \$60 Ride & Socks
- \$200 Plus Long Sleeve 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

## Pick-Up Locations

**WHEEL SPORT**  
B · I · C · Y · C · L · E · S

Local riders may pick up their packets and apparel at the following pick-up times. We will mail apparel to out-of-town riders. Packets include a certificate for 3-pieces of David's Pizza, snacks, fruit, Gatorade, and water.

- Sunday, May 30th: 12:00-5:00 PM at Wheel Sport-North, 9501 N Newport Hwy.
- Wednesday, June 2nd: 12:00-6:00 PM at Wheel Sport-Spokane Valley, 606 N Sullivan Rd.
- Friday, June 4th: 12:00-6:00 PM at Wheel Sport-South, 3020 S. Grand Blvd.
- Saturday, June 5th: 8:00-11:00 AM at Kaiser Permanente, 5615 W. Sunset Hwy.

## 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 5/1/2021**  
 Mail registration form to:  
**Lutheran Community Services Northwest**  
 210 W. Sprague Ave. • Spokane, WA 99201  
 Phone: (509) 343-5020