

The Details

WHEN

Saturday July 16th, 2020

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, socks, t-shirts, or jerseys (for pledge riders).

Early Check-in:

Friday, July 15th from 12:00-6:00 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 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.

**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 2022 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

24th Anniversary 8 Lakes Leg Aches Spokane, WA

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

Saturday July 16th, 2022
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 July!

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

\$45 Ride Only

\$55 includes 8 Lakes Socks

\$70 8 Lakes T-Shirt & 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 7/09/22 LATE FEE \$10 Per Rider
All riders are required to sign a release at registration.

Rider's Name: _____ Phone #: _____

Rider Pledge Form

DONOR NAME	ADDRESS	PLEDGE AMOUNT

Bike Raffle

Specialized Rockhopper Comp
(Value \$1,050)
Ticket donation \$2.00 each

Donated by:
WHEEL SPORT
B · I · C · Y · C · L · E · S

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

Raffle tickets available at registration on 7/16/22 or call (509) 343-5020. Bike Raffle Drawing held on July 16th, 2022. Need not be present to win. Must be 18 years or older to purchase tickets. Proceeds benefit Lutheran Community Services NW.

Make checks payable to: **Lutheran Community Services Northwest**
Mail Pledge Form and Sponsor Pledges no later than 7/9/22
Mail registration form to:
Lutheran Community Services Northwest ATTN: Christie McKee
210 W. Sprague Ave. • Spokane, WA 99201
Phone: (509) 343-5020