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 16th, 2020

75 Mile Riders: 6:30 AM Check-in  7:00 Start
45 Mile Riders: 7:30 AM Check-in  8:00 Start
30 Mile Riders: 8:00 AM 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

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

Our 2022 Sponsors

KAISER PERMANENTE

GREAT PRIZES for pledge riders!
The more you raise, the bigger the prize!

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!
Saturday July 16th, 2022
Celebrate the joy of cycling!
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.

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

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Rider Pledge Form

<table>
<thead>
<tr>
<th>DONOR NAME</th>
<th>ADDRESS</th>
<th>PLEDGE AMOUNT</th>
</tr>
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**Bike Raffle**

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

Donated by:

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.

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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