



10th Annual Lake to Lake

8K Trail Run – 5k Woods Walk –
Dog Wag

Sunday October 15th, 2023

8:00am Registration

9:00am Start

COURSE

This outdoor course winds through 550 acres of wooded nature trails and access roads, all on the grounds of Lacawac Sanctuary. Be advised that sections of the course are technical, rocky and steep. No dogs or strollers on 8K course, both are welcome on Woods Walk.

RESULTS

Radio Frequency Identification (RFID) chip timing by Scranton Running Company

AWARDS

8K Trail Run: Overall 1st, 2nd, 3rd male and female (cash prize), plus top finisher in age groups: 15 and younger; 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Woods Walk/Dog Wag: Non-competitive

PARKING AND DIRECTIONS

Lacawac Sanctuary has limited parking, please consider carpooling. Directions are available on our website www.lacawac.org. GPS coordinates: 41 22.582N - 075 17.980W

REGISTER

Mail in or in-person with check or credit card:

Lacawac Sanctuary, 94 Sanctuary Road, Lake Ariel, PA 18436

On-Line: www.lacawac.org/lake-to-lake-8k-trail-run.html

ALL FEES NON-REFUNDABLE



RACE SWAG

Entry forms must be received or post marked by Saturday October 1st to be guaranteed race swag. Limited quantities and sizes on race morning. Youth Sizes are not available on race day.

Questions?

Phone: 570-689-9494

Email:

craig.lukatch@lacawac.org

ATHLETE & PARTICIPANT PACKET

LAKE TO LAKE REGISTRATION FORM

I am signing up for:

_____ 8K Trail Run: \$25 before 10/1; \$30 after

_____ Woods Walk / Dog Wag Individual \$20 before 10/1; \$25 after
(Man's best friend - no registration fee)



PARTICIPANT CONTACT INFORMATION

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Gender: Male Female

Date of Birth: _____ Age on Race Day: _____

T-Shirt Size: Youth M Youth L Adult S Adult M
 Adult L Adult XL Adult XXL Adult XXXL

PAYMENT OPTIONS

___ Check (Make payable to Lacawac Sanctuary)

___ Credit Card: VISA MASTERCARD DISCOVER AMEX

Please charge the following credit card number in the amount of \$ _____

Name of Credit Card: _____

Billing Address: _____

Acct Number: _____ Exp. Date ___/___ CVV: _____

Signature: _____ Date _____



*Interested in volunteering
or sponsoring?*

Contact Craig Lukatch
570-689-9494
craig.lukatch@lacawac.org

PARTICIPANT AND ATHLETE WAIVER

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against Lacawac Sanctuary, Scranton Running Co. and SRC Race Management, the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event. No Refunds. I also authorize Lacawac Sanctuary to utilize my photograph, videotapes or recordings of my participation of this event for any and all purposes.

Athlete (or Parent, if under 18): _____ Date: _____

PLEASE RETURN TO:

Mail

Lacawac Sanctuary
94 Sanctuary Road
Lake Ariel, PA 18436

Sign Up Online

runsignup.com/lacawac