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

ALL FEES NON-REFUNDABLE
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 / __ CW: ______

Signature: ________________________________  Date: ______

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: ______

Interested in volunteering or sponsoring?

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

PLEASE RETURN TO:

Mail
Lacawac Sanctuary
94 Sanctuary Road
Lake Ariel, PA 18436

Sign Up Online
runsignup.com/lacawac