JAKE’S PACK
5K Trail Run and Walk
Athlete & Participant Packet

Saturday May 2nd
7am Registration - 8:30am Race Start

COURSE
This outdoor course takes place on Lacawac Sanctuary’s Big Lake Trail which is a looped trail. Be advised that sections of the course are technical, rocky and steep. No strollers on the course.

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

AWARDS
5K Trail Run: Overall male and female, plus top finisher in age groups: 15 and younger; 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
Walk: Non-competitive

PARKING AND DIRECTIONS
Lacawac Sanctuary has limited parking, please consider carpooling. Directions are available on our website www.lacawac.org/visit.html
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/jakes-pack-5k.html

ALL FEES NON-REFUNDABLE
Interested in volunteering or sponsoring? Contact Craig Lukatch
570-689-9494
craig.lukatch@lacawac.org

I am signing up for:

___ 5K Trail Run: $20 before 4/17; $25 after
___ 5K Walk: $15 before 4/17; $20 after
___ I would like to add a donation of $______ in support of The Michael Jake Burkhardt Student Memorial Fund.

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., 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, videocassettes or recordings of my participation of this event for any and all purposes.

Athlete (or Parent, if under 18): _____________________________ Date: ________

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

Please charge the following credit card number in the amount of $______

Name of Credit Card: ___________________________________________
Exp Date / CVV:

Check (Make payable to Lacawac Sanctuary)

Credit Card:
 VISA
 MAESTROCAR
 DISCOVER
 AMEX

Acct Number:_________________________ Exp. Date___/___ CVV: ____

Signature:_________________________________ Date ________________