



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



ATHLETE & PARTICIPANT PACKET

JAKE'S PACK REGISTRATION FORM

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.

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

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 _____

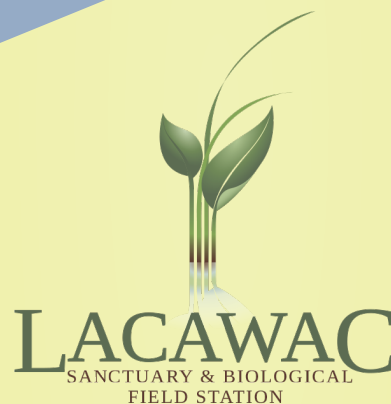
PARTICIPANT AND ATHLETE WAIVER

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

[www.lacawac.org/
jakes-pack-5k.html](http://www.lacawac.org/jakes-pack-5k.html)