8th Annual
Lake to Lake
8K Trail Run – Woods Walk – Dog Wag

Sunday October 17th, 2021
7:30am Registration
8:30am 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 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+
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

Questions?
Phone: 570-689-9494
Email: craig.lukatch@lacawac.org

Covid-19 Safety Procedures found at lacawac.org/lake-to-lake-8k-trail-run.html
LAKE TO LAKE REGISTRATION FORM

I am signing up for:

______ 8K Trail Run: $25 before 10/2; $30 after
______ Woods Walk / Dog Wag Individual $15 before 10/2; $20 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 (add $2)

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: ________