5th Annual
Lake to Lake
8K Trail Run – Woods Walk and Dog Wag
Athlete & Participant Packet

Sunday October 14, 2018
8am Registration
9:30am 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
On-Line: runsignup.com/lacawac

ALL FEES NON-REFUNDABLE

RACE SWAG
Entry forms must be received or post marked by Saturday October 6 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
LAKE TO LAKE REGISTRATION FORM

I am signing up for:
___ 8K Trail Run: $25 before 10/6; $30 after
___ Woods Walk/Dog Wag Individual: $15 before 10/6; $20 after (Man's best friend-no registration fee)
___ I would like to add a donation of $_____ in support of Lacawac’s Forest Preservation Fund and Public Education Programs.

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____/____ 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 assigns 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

Fax (Credit Card Only)
570-689-9494

Sign Up on line:
http://www.lacawac.org/lakeitolake8ktrail-run.html