

The Details

WHEN

Saturday, August 1, 2009
7:00 am - Rider Check-In
8:00 am - 45 & 75 Mile Riders Start
8:30 am - 30 Mile Riders Start

WHERE

All riders will start/finish at:
Group Health Corporate Office
5615 W. Sunset Hwy.
Top of Sunset Hill, across from Diamond Park n' Jet. Here riders will pick up their route maps and t-shirts or jerseys (for pledge riders).

WHAT TO BRING

Each rider is responsible for the mechanical condition of his or her bicycle. It is advised that each rider carry a spare tube, patch kit, and bike pump. All riders are required to wear an ANSI approved bike helmet while riding. Snacks and beverages will be provided at rest stops along the route.

THE END OF THE TRAIL

The ride ends at Group Health Corporate Office with food and entertainment. David's Pizza will be serving up hot, **fresh pizza from 11:00am to 2:00pm!**

THE PLEDGES...THE PRIZES

Great prizes for individuals raising pledges. PLUS, riders who raise a minimum of **\$175 in pledges receive a special limited edition 8 Lakes Voler Jersey.** Sponsor yourself then collect pledges from family and friends.

**For More Information,
Call 509-343-5020**

www.lcsnw.org/events.html

The Route

Each rider will receive a detailed map of the route on ride day. Each rider chooses the distance he/she wants to ride: 30, 45 or 75 miles. The entire route (approx. 75 miles) passes Willow, Granite, Silver, Medical, Clear, Chapman, Kepple and Fish Lakes (8 Lakes). NOTE: 75 mile riders: **food/rest stop at Chapman Lake from 10:00am to 2:30pm.**

Riders will experience some of the most spectacular scenery around Spokane and Cheney. Riders can rest and refuel at several snack stops along the route. SAG wagons will patrol the course and corner marshals will be stationed along the route to assure rider safety. The ride will take place rain or shine!

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Register NOW for 8 Lakes...Leg Aches

210 W. Sprague Ave
Spokane, Washington 99201



8 Lakes Leg Aches



A Scenic Ride with a Touch of the Burn!

**Saturday, August 1st, 2009
Spokane, WA**



Presented by Group Health and
Lutheran Community Services Northwest
to benefit vital programs for children & families

Non-Profit Org.
U.S. Postage
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Spokane, WA
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