



## Mountain Lakes 100 Trail Work Requirement

All runners must complete a total of **eight (8)** hours of trail work between October 1<sup>st</sup> and September 1<sup>st</sup>. The trail work can occur anywhere (does not have to be on the race course) and includes trail maintenance and trail building. You can complete it in multiple days/multiple events or all at once. Use one form for each occurrence.

*Email the completed form by September 1st to [run@gobeyondracing.com](mailto:run@gobeyondracing.com) with "[Your Name] Mountain Lakes Trail Work" in the subject line.*

First Name:

Last Name:

Date of Trail Work:

Location: (trail name/park/etc.):

State:

Hours of Trail Work:

Describe the Work You Did:

Trail Work Leader: \_\_\_\_\_

Trail Work Leader Signature: \_\_\_\_\_

Title: \_\_\_\_\_ Date: \_\_\_\_\_

Phone Number: \_\_\_\_\_

*By signing this form, I am verifying that the above person completed the stated hours of trail work.*