



## Mountain Lakes 100 Trail Work Requirement

All runners must complete **eight (8)** hours of trail work between January 1<sup>st</sup> and September 1<sup>st</sup> of the race year. The trail work can occur anywhere, 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 of Trail Work (trail name/park/etc, and state): \_\_\_\_\_

Hours of Trail Work: \_\_\_\_\_

Describe the Work You Did: \_\_\_\_\_

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

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

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

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