



Mountain Lakes 100 Trail Work Requirement

All runners must complete **eight (8)** hours of trail work between January 1st and September 1st 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 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: _____

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.