



Overview

Date: Saturday, September 15, 2018

Location: Registration and Start/Finish and Party – Shawnee Peak Ski Area Baselodge, Mountain RD, Bridgton, ME.

Register online at <https://www.runreg.com/trek>

Registration **limited to 200** participants. A wait list will be compiled after 200 participants have registered.

Entry Fees*

Now to June 14 – Adult \$45/Junior \$30
June 15 to Aug 14 – Adult \$55/Junior \$30
Aug 15 to Sept 7 – Adult \$70/Junior \$30
Day of Event \$100 if space is available.

Registration limits

6 mile route – 70 hikers
4.5 mile route – 50 hikers
Mountain Run – 100 competitors

* Includes post hike/run lunch and party with live music!

* *Note that there is a registration limit so register early*

Course/Entry Options:

Recreational Hikers: 4.5 mile Ledges Trail or 6 mile SW Ridge Trail with shuttle bus drop offs.
Manned rest stops along route

Competitive Runners: Mountain Challenge division of the Norway Savings Bank Loon Echo TREK starts at Shawnee Peak, goes up the ski area, across the ridge to the “Teepee” on the Southwest Ridge Trail, returning by the same route and is 8.4 miles. There are feed stations along the route.

Schedule of Events

7:00-9:30 AM	Day of Registration - If space is still available
7:00 AM	Check in opens for Hike & Mountain Trail Run Shawnee Peak Ski Area parking lot
8:20-10:00 AM	Shuttles to hike trail-heads depart Leave every 20 to 30 minutes
9:15 AM	Loon Echo Mountain Challenge Mass Start
12:00-4:30 PM	Post-Trek party Allagash beer Massages from Richard Bader Physical Therapy Lunch Live music provided

Pledges

Traditionally, participants get sponsored by the mile to add to the conservation impact of their registration. All pledges are due at check-in on TREK day to qualify for the prizes. If possible, enter your pledges online in advance of the event using your personal fundraising page through PledgeReg.com. If you have collected cash or checks for pledged donations (either in full or in addition to online pledges) please place pledges and [2018 Pledge Form](#) in an envelope with your name on it and turn it in at check-in. Thank you for going the extra mile!

All who raise at least \$250 get a goodie bag, including a 2018 day pass to Shawnee Peak. Plus, we'll reward the top fundraisers with great prizes.

Web resources

Trek Info Page: <http://www.loonecholandtrust.org/programs/trek/>

Registration: <https://www.runreg.com/trek>

Loon Echo Land Trust Website: www.lelt.org

Norway Savings Bank Website: www.norwaysavings.bank

Informational Phone 207-647-4352

Questions?: email info@lelt.org with TREK in the subject line.

FAQ

- Are there awards/prizes for the competitive runners based on times (as opposed to rewards for fund raising)? **Yes. Awards will be given based on finish times.**

Are there different categories for the competitive runners? (male/female, age groups, barefoot)
Yes.

- What is the dog policy? Is it different for racers and hikers? **Owners are requested to leave their pets at home.**
- What can we tell them about the lunch food? **Lunch is provided and consists of a Taco Bar or a Baked Potato Bar. Complementary beer will be available.**

What can we tell them about the on route support? **Maps will be posted and made available.**

- Should hikers expect snacks similar to prior years? **Hikers / Competitors will find a number of volunteer manned Food and Water Stops along the route.**