

Virtual Lost Lake Run

Webinar

Wednesday, July 1, 2020



Lost Lake Run 2020

- The original Lost Lake Run has been postponed from 2020 to 2021
 - Race Day is August 28, 2021
- Registration fees paid in 2020 will be carried forward to 2021
- Individual Fundraisers and Teams must provide their funding by June 30, 2021
- Team Leaders must have all their team members registered by June 30, 2021



CF Foundation's 65th Anniversary

- The “65 Roses” story dates back to 1965 when an observant 4-year-old, hearing the name of his disease for the first time, pronounced cystic fibrosis as “65 Roses.”
- Today, “65 Roses” is a term often used by young children with cystic fibrosis to pronounce the name of their disease.



Virtual Lost Lake Run

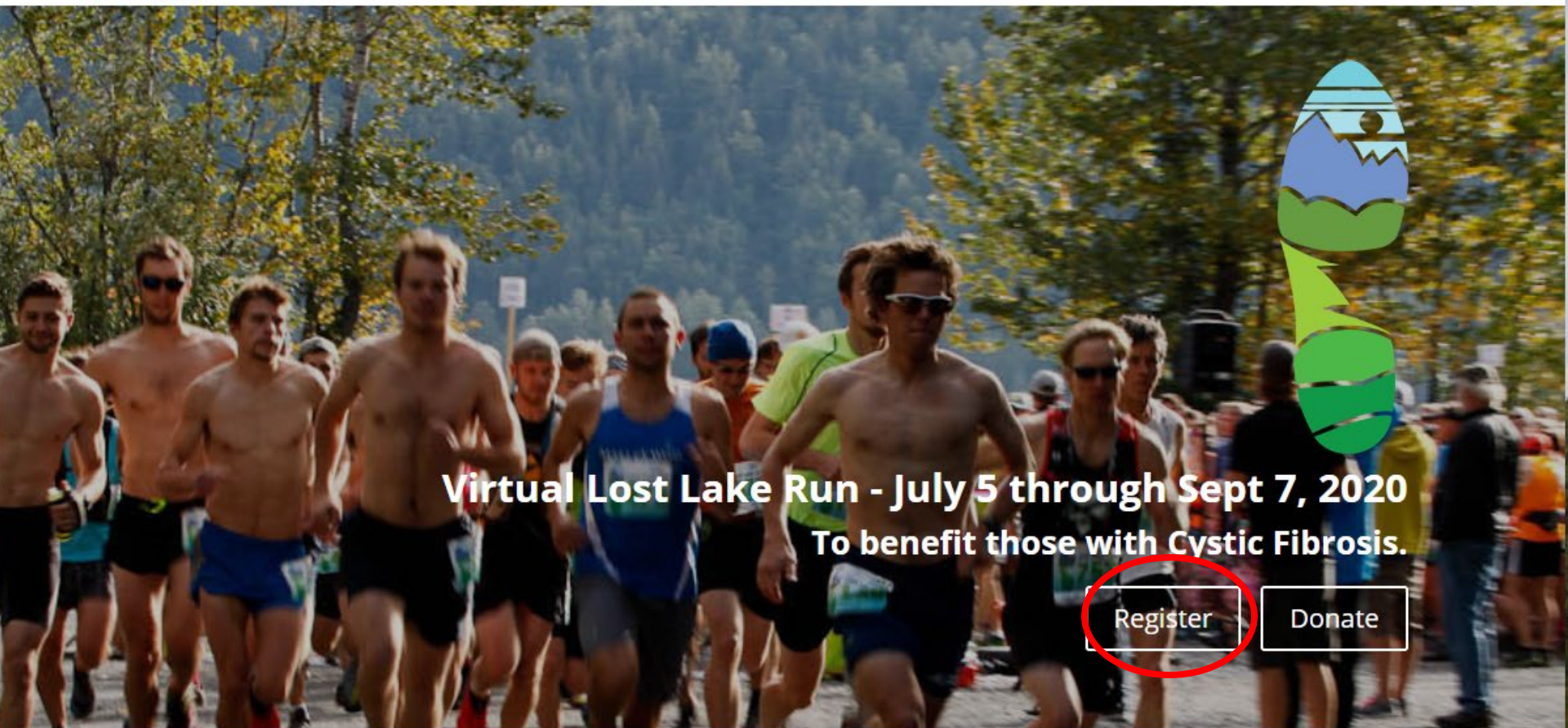
- Not associated with 2020 (now 2021) Lost Lake Run
 - Separate registration
 - No cap on registration
- All registrants will receive a Lost Lake Run t-shirt
 - **Note: We dropped no-shirt option**
- Register through website
 - <https://lostlakerun.com/product/virtual-run-registration/>



When Registering

- Must Include
 - Phone, email, mailing address
 - Shirt size, gender
 - IMPORTANT: Cannot use same email address for two or more registrations
- Optional
 - Date of Birth
 - Runner/Walker





Virtual Lost Lake Run - July 5 through Sept 7, 2020

To benefit those with Cystic Fibrosis.

Register

Donate

Virtual Lost Lake Run Registration Now Open!

Registration closes on Monday September 7, 2020.

[To register, click here.](#)

The Cart

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1 Item

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Virtual Run Registration

\$65.00

YOU MAY ONLY REGISTER ONE PARTICIPANT AT A TIME.

You must complete your Virtual Lost Lake Run in a single 24-hour period between July 4, 2020 and September 7, 2020.

By completing this registration process, you are agreeing to the terms and conditions as stated below and verify that the information that has been entered is correct. You also are signifying that you understand that all registrations are non-refundable and non-transferable.

Add to cart

 Search[Recent Comments](#)[Archives](#)[Categories](#)[No categories](#)[Meta](#)[Site Admin](#)[Log out](#)[Entries feed](#)[Comments feed](#)[WordPress.org](#)



x



Virtual Run Registration	\$65.00	1	\$65.00
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Coupon cod

Apply coupon

Update cart

Cart totals

Subtotal	\$65.00
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Total	\$65.00
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Proceed to checkout



Billing details

First Name *

Patrick

Last Name *

Simpson

Company Name (optional)

Lost Lake Run

Email Address *

patrick.k.simpson@gmail.com

Phone *

907 444 5860

Street address *

PO Box 241367

Apartment, suite, unit, etc. (optional)

Town / City *

Anchorage

State *

Alaska

ZIP *

99524

Country *

United States (US)

Participant's First Name *

Additional information

Order notes (optional)

Notes about your order, e.g. special notes for delivery.



Participant's First Name *

Pookmaster

Participant's Last Name *

Ping-A-Ling

Participant's Email *

ping@pooky.com

Sponsor Name (If applicable) (optional)

Team Name (Only complete if you are on a team.) (optional)

Participant's Gender *

Male



Participant's T-Shirt Size *

X-Large



Runner or Walker? (optional)

Walker



Participant's Date of Birth - Day (optional)

13



Participant's Date of Birth - Month (optional)

Jan



The Rules

- Each entrant must:
 - Agree to the waiver of responsibility by clicking on the "Submit" button
 - Must be at least 15 years of age before July 4, 2020
 - Carry out all of their garbage
 - Complete the run within a contiguous 24-hour period
 - Complete the run between July 4, 2020 and September 7, 2020
 - **NOTE: Earlier announcement was from July 5, please note this correction**



Virtual Lost Lake Run

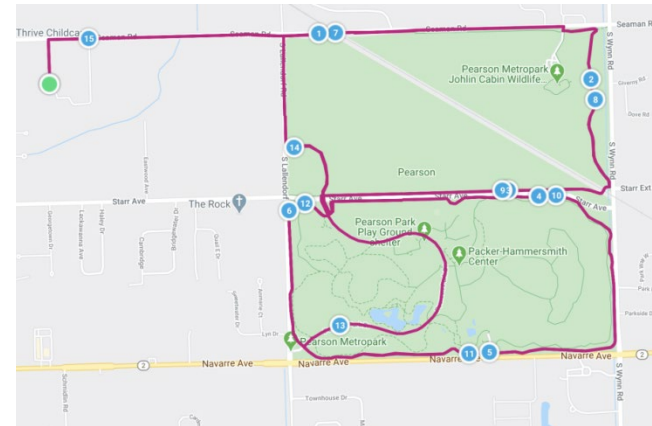
- T-shirts will be sent to all registrants
 - Allow 6-8 weeks following Sept 7 finish for shirts to be produced and shipped
- Register through link in email
 - <https://lostlakerun.com/product/virtual-run-registration/>
- Register through web site
 - \$65 Registration Fee

There are no refunds. Registrations are non-transferable.



Virtual Race Options

- Option A: Run Lost Lake Run Trail
 - Start at either trail head (Primrose or Lost Lake)
 - Selfies at trail heads and at bridge (mid point)
 - Send selfies with full name and your registration email to lostlakerun@gmail.com
 - Confirmed finishes count toward Legendary status
- Option B: Run 15 miles anywhere, send start and end selfies and tell me a little about the course
 - Finishes will not count toward Legendary status



This is an untimed event.



Trail Markers

- Alaskans living with Cystic Fibrosis are featured on our trail markers, found every ½ mile along the trail
- Those that have lost their battle to CF are found at the finish line
- We are asking our virtual runners to print out a trail marker and bring it along with them and include it with their selfies along the way
- A gallery of trail markers can be found on the web site

<https://lostlakerun.com/photo-galleries/trail-markers-gallery/>

Mile 1.0



Aubrey Jae Bolt

2 years old

Loves singing, playing outside, and painting.



Trail Markers

LOST LAKE RUN



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1 Item

[2018 Race Day
Photo Gallery](#)

[2017 Race Day
Photo Gallery](#)

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Photo Gallery](#)

[2015 Race Day
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[2014 Race Day
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[Trail Markers
Gallery](#)

[T-Shirt Gallery](#)

Virtual Lost Lake Run - July 5 through Sept 7,
To benefit those with Cystic Fibrosis

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LOST LAKE RUN

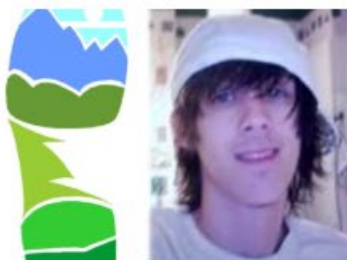
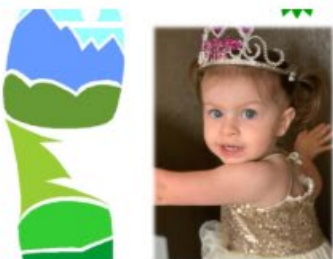


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Click on the trail marker of your choice.

← Back to all Photo Galleries

Trail Mile Markers Gallery



LOST LAKE RUN

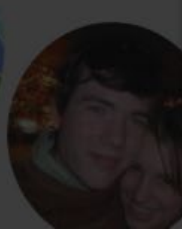


← Back to all Photo Galleries

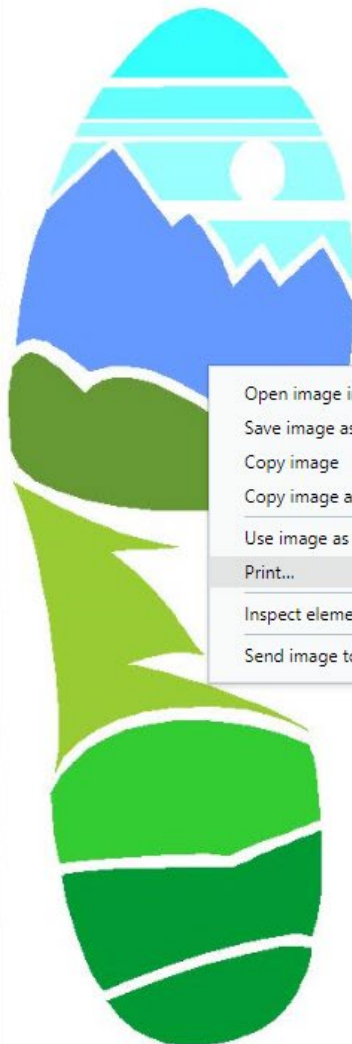
Trail Mile Mark



I love "Mimi" Annals



Mile 1.0



bp



Right Click on Mouse to print
(Or use ctl-p)

- Open image in new tab
- Save image as...
- Copy image
- Copy image address
- Use image as wallpaper
- Print... Ctrl+P
- Inspect element Ctrl+Shift+C
- Send image to My Flow



Aubrey Jae Bolt

2 years old

Loves singing, playing outside, and painting.

Confirmed Finishes

- Confirmed finishes count...
 - For those that have a confirmed finish of the Lost Lake Trail, it will count toward their Legendary Lost Laker total
- Web Site
 - Confirmation photos posted in a new gallery on web site
- YouTube
 - Create a montage with music from all the finishers, put it on FB and YT



Medical Aid

- Hazards
 - Rapid weather changes including precipitation of all types, wind, and temperature changes along the trail
 - Animals (bears, moose, stinging insects, and other vermin)
- Water Sources
 - Bring in your own water
 - Use natural occurring water at your own risk
- Medical Aid
 - There will be NO medical aid stations along the run
 - IF YOU ARE HURT AND AN EMERGENCY MEDIVAC IS NECESSARY, IT WILL BE AT YOUR OWN EXPENSE



Personal Equipment

- Recommended
 - Smartphone for selfies (or camera)
 - water container, stocking cap, gloves, and wind gear
- Optional
 - Bear spray, Bear bells, dog, trail food
 - GPS, sat phone, extra socks, sun glasses
- Discouraged
 - Earphones/Headphones
 - Need to be aware of surroundings



Leave No Trace

- **Respecting the Trail.** The Lost Lake area is a spectacularly beautiful, yet easily accessible alpine area within the Chugach National Forest. Our goal is to continue to offer this race without impacting the trail. You can help by adhering to the following basic principals while on the trail:
 - Avoid traveling on areas of the trail that are particularly fragile, or during snow melt when the trail is muddy.
 - Stay on the main trail and avoid the temptation to keep your feet dry by going off trail. Walking or running outside the main trail tread breaks down the trail edge and widens it.
 - Muddy stretches and snow patches should be crossed rather than skirted to avoid creating new paths.
 - Hike or run on hard surfaces such as rocks or gravel wherever possible.
 - Avoid hiking or running on the faint user-created trails.



Summary

- Location
 - Primrose Trail Head to Lost Lake Trail Head
 - If you want it to count as toward Legend status
 - Otherwise, any 15 mile course
- Dates
 - July 4 through Sep 7 (65 Days, 65 Roses)
 - Complete 15 miles in a single 24-hour period
- Confirmation
 - Selfies at Trailheads and bridge
 - Or selfies at start and finish, with course description



Contact Information

- Race Director
 - Patrick Simpson
 - C: 907 444 5860
 - patrick.k.simpson@gmail.com
- Race Selfies
 - lostlakerun@gmail.com



Questions?

