



LSF LOOP

What's New and News at Lakeshore SF



It's SHOWDOWN week!

The 5th Annual Lakeshore Showdown is this Thursday! May 10th from 5:30-7:30p – FREE FOOD, FREE DRINKS, FREE FUN for all participants, spectators, members and guests!

Join us this Thursday for the 5th Annual Lakeshore Showdown. Check out our new additions to the course including the infamous Warped Wall! All fitness levels are welcome and you can compete as an individual or on a team. The course will take approximately 3-5 minutes to complete and can be run multiple times with your best time being your prize qualifier.

Don't want to run, but want some fun? Come and enjoy the buffet and adult beverages and watch others compete to take home the trophy!

Prizes awarded to the top three individual times for both male and female categories. Team prizes awarded for the largest team, fastest average time and largest cheering section. Buffet and adult beverages included compliments of Press Kitchen for all participants and spectators.

Register for **FREE** at https://ic_lakeshore_showdown_2018.eventbrite.com.

For questions, contact ICEvents@LakeshoreSF.com.

All participants that record a course time will receive **20% OFF** the **SPA@IC** for massages taken in May!

If **REGISTERING AS A TEAM** (*minimum of 5 participants*), please include your team name in the 'Last Name' section of your individual registration along with your last name (i.e. **Smith/Team Showdown**). There is no maximum on team size.



**CELEBRATE OUR
GAUNTLET STYLED
COMPETITION'S
5TH YEAR WITH
SOME BRAND
NEW OBSTACLES!**

**MAY
10** **5:30PM
to
7:30PM**



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