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**FOR IMMEDIATE RELEASE – Photos included**

**Annual ‘Lake Loop’ to Support Lake Hopatcong Set for Oct. 13**

LANDING, N.J. (September 12, 2019) — The seventh annual ‘Lake Loop’ for the benefit of Lake Hopatcong will be held on Sunday, Oct. 13, 2019, at Hopatcong State Park. The event, hosted by the Lake Hopatcong Foundation, will feature bike, run, and paddle challenges, and will include local food, a beer tent (NJ permit # 72563), and live entertainment.

Lake Loop is an “and-or-athon,” a fun athletic endeavor consisting of three different events; where you can choose to participate in one, two, or all three. Cyclists may choose from marked routes of 20, 40, or 62 miles around Lake Hopatcong. There will also be a 1.5-mile or timed 5K trail run on State Park grounds, as well as a 2.5-mile paddle course on the lake. Kayaks, canoes and paddleboards are available to rent during the registration process, if needed.

Event times will be staggered to allow participants to choose one or any combination of activities. Strava bike timing will be available for hill climbs along the bike routes and the 5K will be a sanctioned and timed event, with awards for the top performers.

"Lake Loop is a unique event in a perfect setting," said event Chairwoman Becky Rubenstein. "People of just about any age can participate in a variety of ways. There are no strict requirements about joining in the fun, so everyone can create their day in a way that's just right for them."

Live the Lake NJ is the event's main sponsor. Numerous sponsorship opportunities are available, providing a publicity opportunity within the Lake Hopatcong community spanning four towns and two counties along with many surrounding areas.

Individuals or teams can register or donate at [lakeloop.org](http://lakeloop.org). Discounted pre-registration is available until midnight Friday, Oct. 11. Participants may also register on the day of the event, beginning at 7 a.m. Registration includes a T-shirt, food, drink, massage, and live entertainment. In addition, there will be opportunities to win great raffle prizes, including an inflatable kayak and a Jamis bike.

The Lake Hopatcong Foundation is a registered 501(c)(3) nonprofit dedicated to protecting the lake environment and enhancing the lake experience by bringing together public and private resources to encourage a culture of sustainability and stewardship on and around New Jersey's largest lake, for this and future generations. To learn more, visit [lakehopatcongfoundation.org](http://lakehopatcongfoundation.org).

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Lake Loop 2019 offers participants bike, run and paddle challenges on Sunday, October 13 at Hopatcong State Park.



LAKE HOPATCONG FOUNDATION

**LAKE  
LOOP** 

ANNUAL BIKE RUN PADDLE

ON YOUR MARK,  
GET SET, HAVE FUN!

OCTOBER 13, 2019  
HOPATCONG STATE PARK

[LAKELOOP.ORG](http://LAKELOOP.ORG)