

Register today!  
Takethelake.org

Only  
**30**  
days left!

# Take THE LAKE

2010

Lake Waccamaw, North Carolina

**Labor Day Weekend**  
September 4 - 6, 2010

Only you can truly know your abilities, but here are a few guidelines.

	Walk/Run	Paddle	Bike & Hike	Swim
				
	<b>Saturday at 8 a.m.</b> Walk or run 15 miles on roads and state park trail (3-6 hours). Start at State Park.	<b>Sunday at 8 a.m.</b> Paddle a kayak or canoe 14 miles along shoreline (3-5 hours). Start at Dale's.	<b>Sunday at 2 p.m.</b> Ride 12 miles on roads, walk 3 miles on trail (2-4 hours). Start at Dale's.	<b>Monday at 8 a.m.</b> Swim 4 miles along buoys (3-5 hours). Start at the dam, or Dale's depending on winds.

Do not attempt these events if you cannot...

Walk 3 miles easily.	Paddle for one hour easily, and paddle in rough water.	Bicycle for one hour, and walk for 30 minutes easily.	Swim for one hour easily.
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Ready for a challenge? Build your endurance gradually...

<b>3 Weeks</b> (Aug. 14)	Walk at least 3 miles, 2 times each week.	Paddle for at least one hour.	Ride for at least 45 min., 2 times each week.	Swim for 40 min. non-stop, at least two times.
<b>1 Week</b> (Aug. 28)	Walk at least 5 miles in one outing.	Paddle for more than one hour and in rough water.	Ride for at least one hour, and push bicycle one mile.	Swim non-stop for about one hour.

## Useful stuff to get you going

- Always consult a health professional before embarking on a new exercise regimen.
- Please register in advance at Takethelake.org. This is very important both for the organizers and for your commitment.
- These are not races, and are less strenuous, but they do require a commitment of training and perseverance.
- Take the party! Own a house on the lake route? Invite friends, coworkers and club members to drop in Labor Day weekend for fitness and fun.
- Events are designed to be ambitious Personal Endurance Challenges. Please participate only if you intend to finish.
- Team up for moral support and lots more fun!
- All participants will receive official event tokens for each event they complete.
- Rest stops will be at the Walk / Run and the Bike & Hike.
- Each swimmer must have a personal escort boat, either paddle or powered.
- Bring one bottle of water to refill at rest stops. For environmental reasons, we are not providing bottled water.
- Walkers; wear worn-in shoes and, for the trail, tall socks.
- Bring healthy energy snacks.
- Event t-shirts will be available for \$10, while supplies last. Visit Takethelake.org for more information.
- Participating children are the responsibility of accompanying parent or guardian at all times in all events.
- Bike riding is not allowed on the state park trails, for safety and environmental reasons. Please prepare yourself to walk your bike the three miles.
- Fall high school sports players - use Take the Lake to get in shape for the season and strengthen your teams.
- Events will be timed down to the minute, so ask for your time when you finish.
- Sponsors: CRHS, Liberty Healthcare, Baldwin Woods Pharmacy, Dale's at the Lake, the McNeill family, BB&T, International Paper, Patty Lyerly Realtor and Hill's Supermarket. *One more is needed - please contact Mark Gilchrist.*
- Get your tickets for the Saturday night Nash Vegas Party Band concert, on the BGH lawn by Dale's, at Takethelake.org. This Dunn, N.C. band swings with a rowdy blend of country and rock hits!

Saturday night, SCC presents...

**6pm** The **NASHVEGAS** Band **\$10**  
part of the Richard F. Burkhardt Performing Arts Series

**New!**  
Thank your friends  
with the 2010  
Crew Token.

**FREE for 2010!**

Participate in any or all four  
**Personal Endurance Challenges**

It's not a race... it's an opportunity, for your health!

**Takethelake.org**

Take the Lake is a project of The News Reporter for the County of Columbus and her people.

The 2009 T-shirts were a sell-out success! Order today at Takethelake.org to make sure you get yours.

