

6th
Annual

FREE!
REGISTER TODAY
at TaketheLake.org

TAKE *the* LAKE

**Lake Waccamaw
North Carolina**

**Labor Day
Weekend**

Aug. 30 - Sept. 1, 2014

“Planting the seed of Fitness”

All are welcome, with a special tribute to those who grow the products for our lives.



Walk / Run

Saturday at *8 a.m.

Walk or run 16 miles on roads and state park trail. (3-6 hrs.) Start at Elizabeth Brinkley Park.
* Preregister & start anytime after 7:10 a.m.



Paddle

Sunday at 8 a.m.

Paddle a kayak or canoe 14 miles along shoreline. (3-5 hrs.) Start at Dale's.



Bike & Hike

Sunday at 2 p.m.

Ride 12 miles on roads, walk 3 miles on trail. (2-4 hrs.) Start at Dale's. Helmet required



Swim

Monday at 8 a.m.

Swim 4 miles. (3-5 hrs.) Start at the dam or Dale's depending on wind.

Should you attempt these challenges? Only if (with training) you feel you can ...

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

Walk 3 miles easily and comfortably.

Paddle for one hour easily, and paddle in rough water.

Bicycle for one hour, and walk for 30 min. easily.

Swim for one hour easily.

Ready for a challenge? Build your endurance gradually ...

8 WEEKS
(July 5)

Walk at least 2 miles, 2-3 times each week.

Paddle for at least 30 min. in a single outing at least once.

Ride for at least 15 min. at least once each week.

Swim for at least 20 min. at least once each week.

4 WEEKS
(Aug. 2)

Walk 3 miles briskly, 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.

1 WEEK
(Aug. 23)

Walk at least 5 miles in afternoon heat.

Paddle apace for more than one hour and in rough water.

Ride for at least one hour, push bicycle off-road one mile.

Swim non-stop for at least one hour.

PLANTING INSTRUCTIONS

- Anyone can enter, but in 2014, we are paying special tribute to farmers and agriculture.
- Always consult a health professional when considering a new exercise regimen.
- Helmets are required for ALL CYCLISTS.
- Events are designed to be ambitious Personal Endurance Challenges. Please participate only if you intend to finish.
- Register today at TaketheLake.org. This is very important, both for the event organizers and for your personal commitment.

- Take the party! Own a house on the lake route? Invite family, friends and coworkers to drop in Labor Day weekend for fitness and fun.
- All participants will receive official award tokens for each PEC they complete.
- Team up for moral support and more fun!
- Children are the responsibility of accompanying parents or guardians at all times in all events.
- These are not races, but they do require a commitment of training and perseverance.
- Each swimmer must have an escort craft.

- Bring healthy energy snacks.
- Bike riding is not allowed on state park trails. Please prepare yourself to walk your bike three miles. Or join the Friends of Lake Waccamaw State Park in their semi-annual “all-road” rides!
- Fall sports teams – use Take the Lake to train for the season and strengthen your teams.
- For details on routes if weather forces closure of state park trails, visit TaketheLake.org.
- T-shirts are \$10 before August 10 at Body Shapers in Whiteville, and \$12 while they last.

Sponsors (So far... Join us at TaketheLake.org): Liberty Healthcare, CRHS, Hill's Supermarket, the McNeill family, BB&T, Atlantic Telephone Membership Corp., International Paper, Carolina Sports Medicine, Davita, Baldwin Woods Gynecology, Council Tool, Cheap Therapy, Body Shapers, Baldwin Woods Pharmacy, Dale's at the Lake, Joe's Barbecue, Gore Mini Storage.

Page by Mark Gilchrist

Participate in any or all four
Personal ENDURANCE Challenges
It's not a race... it's an opportunity, for your health!



Go Lisa!

TaketheLake.org

Register online until August 22,
or on-site the day of your challenge.

Living
The News Reporter

ALSO...
X-TREME!
SWIM • BIKE • PADDLE • RUN
All four PECs in one day!
(This one's a race • Solo or Teams • Entry fee)
August 23

Take the Lake is possible because of support from *The News Reporter*, sponsors and donors like you!

“Inch by inch, row by row, gonna make this garden grow!”