

Welcome to the Ninth Annual Great Lake Walk. The following information will assist you in making this event a memorable occasion. It's worth the walk!

Joan Hieta, Chairperson

Sign-In:

- You **MUST** sign in at the Youbou Hall (8550 Hemlock St.) between 10:00am and 10:00pm Friday Sept. 17th 2010. If you have already signed the waiver on your registration form someone else may sign you in and pick up your package.

Breakfast:

- 2:00am - 6:00am Sat. September 18th 2010 at the Youbou Church. Cost is \$5 and includes eggs, pancakes, sausage, orange juice, coffee or tea. Sponsored by Youbou Old Age Pensioners' Organization #115

Start:

- All walkers will leave from the Youbou Hall at 5:00am Sat. Sept. 18th, 2010.
- **NO LATE STARTS** for insurance purposes
- Some parking is available at the Old Mill site in Youbou.
- Free van service from the Old Mill site to Start Site from **3:00am to 4:30am**
- **NO PARKING** on the Youbou Road
- **Free Parking** at Centennial Hall/Cowichan Lake Sports arena in Lake Cowichan
- **Carpooling is highly recommended**

Walker Support Vehicles: (strongly discouraged)

- Registration \$35
- Drivers must supply their own refreshments
- Register on Friday or download form from:
http://www.greatlakewalk.com/forms/support_veh_reg.pdf

➤ Baggage:

- We will shuttle baggage from the **Start Site** to rest stops 3 **OR** 5 **OR** 8 **OR** 10. Please make sure your **Walker Bib Number** is on **EACH** bag.
- **We will NOT move baggage from rest stop to rest stop but....**
- Discarded items can be left at any Rest Stop and will be forwarded to the finish line on the next available shuttle
- Baggage (**no bigger than a grocery bag**) may be checked in during sign-in on Friday **after** you receive your walker number, for delivery to rest stop 3 **OR** 5 **OR** 8 **OR** 10.
- Shower supplies and fresh clothing can be left at the Cowichan Lake Sport Arena (finish site) Friday 10:00am to 4:00pm

Dinner:

- Cowichan Valley Association for Community Living **Pasta Dinner.**
- Please specify Meat or Meatless lasagna, served with Caesar salad, a bun, dessert, and a beverage. 5:00pm to 7:30pm Friday Sept. 17th, 2010 in the Upper Youbou Hall.
- Tickets \$8.00 - numbers are limited. Reserve early on your registration form or at eats@greatlakewalk.com

Bus/Shuttles/Parking:

- Bus service to Youbou (Start Site). First bus leaves the Cowichan Lake Sport Arena at 3:15am Saturday Sept. 18th, 2010. Parking there is free. The last bus will leave at 3:45am.
- Bus service to Youbou will be available for those wanting to return to Youbou to pick up a vehicle after the walk. A bus will travel from Centennial Hall (Cowichan Lake Sport Arena) back to the start site throughout the day between 1:00pm and 8:00pm.
- Pre Bus and Post Bus tickets are required - \$3 each on your registration form.
- **NOTE:** A limited number of seats are available at check-in if not previously reserved.
- To catch a bus from Lake Cowichan to Youbou you must be at the Cowichan Lake Sport Arena by 3:15am Saturday Sept. 18th
- Parking is limited at Youbou Hall (parking map available at sign-in).

Walker needs:

- Bring your own dust protection, sunblock, special dietary needs, flashlight, medications etc. including ***IBUPROFEN. NO MEDICATIONS ARE TO BE GIVEN BY MEDICAL STAFF.***
- Food and drinks provided at each of the 12 rest stops and at the Finish Line.
- Walker number must be visible on the front of your shirt at all times. All walkers must be recorded at Rest Stops 3, 5, 7, 10, 11 and 12.
- Walkers and support vehicles **must yield** to all emergency vehicles at all times

- **Finish Site:** (Sat Sept. 18th)
- Food vendors will be on site from 9:00am to 8:00pm
- Entertainment will be on-going throughout the day.
- Free foot soaks, massages and first aid, in the lower hall
- Free showers in the arena from 11:30am to 7:00pm.

Closing Ceremonies:

- Will begin at approximately 8:00pm in Centennial Hall.
- Door prizes will be drawn for those attending.
- Bring your friends and family to cheer on the walkers and partake in all the activities

Photos:

- Photos to be used for publicity purposes throughout the year will be taken at various locations during the walk.

Live Web Coverage:

The folks from **Sport Cowichan** will join us at the finish line again this year. They will be giving us live coverage as you come down the homestretch. Be sure to tell your family and friends to watch on the Internet at: www.sportcowichan.com for your great finish.

Information for your families:

- Look for all sorts of coupons and surprises in your walker goodie bag
- Friday Sept. 17th - **Free bowling** at Youbou Lanes from 5:00pm to 8:00pm
- Saturday Sept. 18th - **Free family skating** from 11:30am to 6:00pm at the Cowichan Lake Sports Arena
- Saturday Sept. 18th - **Bar Service available** from 2:00pm to 6:00pm (**Adults only**)
- at the Lake Cowichan Curling Lounge.
- The concession is open inside the Cowichan Lake Sports Arena. There will also be vendors in the Entertainment Area.

Please Note: No bicycles, baby strollers, unregistered support vehicles or pets are allowed on the 56 km route. An adult must accompany children under 14 years of age.

Non-compliance with the rules will result in participant disqualification.

Website updates: Regular information updates are available on our Website so please go back and visit www.greatlakewalk.com often.

For more information call: Cowichan Lake Recreation 250-749-6742,
Youbou Hall 250-745-3712, or email us at: info@greatlakewalk.com