

WALKER LETTER 2008

Welcome to the Seventh 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.) 10:00am to 10:00pm Friday Sept. 19th 2008. 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 20th at the Youbou Church. Cost is \$5 and includes eggs, pancakes, sausage, orange juice, coffee/tea. Sponsored by Youbou Old Age Pensioners' Organization #115

Start:

- All walkers will leave from the Youbou Hall at 5:00am Sat. Sept. 20th.
- **NO LATE STARTS** for insurance purposes
- Some parking available at the Old Mill site in Youbou. **** This may change****. Free van service from lot to Start Site from **3:00am to 4:30am**
- **NO PARKING** on the Youbou Road
- **Parking** at Centennial Hall/Cowichan Lake Sports arena in Lake Cowichan (see bus/shuttle/parking)
- **Carpooling is highly recommended**

Walker Support Vehicles: (strongly discouraged)

- Registration \$35
- Drivers must supply their own refreshments
- Register on Friday or download form from www.greatlakewalk.com

Baggage:

Walker belongings can be delivered to rest stops 3, 5, 8, 10.

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
- We will shuffle baggage to rest stops 3 and/or 5 and/or 8 and/or 10.
- 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, 5, 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. 4:30pm to 7:30pm Friday Sept. 19th, in the Upper Youbou Hall.
- Tickets \$7.50 - 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 at 3:15am Saturday Sept. 20th from Cowichan Lake Sports Arena. Parking there is free.
- Bus tickets are required - \$3 each on your registration form. **NOTE:** limited seats available at check in if not previously reserved
- To catch a bus from Lake Cowichan to Youbou you must be at the arena by 3:45am Saturday Sept. 20th
- Parking is limited at Youbou Hall (parking map available at sign-in).
- If you parked in Youbou, a free Shuttle service will take you from Centennial Hall back to the start site hourly throughout the day of the walk.

Walker needs:

- Bring your own dust protection, special dietary needs, flashlight, medications etc. including **IBUPROFEN**
- Food and drinks provided at each of the 12 rest stops and at the Finish Line
- Walker number must be visible on the front at all times. All walkers must be recorded at Rest Stops 3, 7 and 10
- Walkers and support vehicles **must yield** to all emergency vehicles at all times

Finish Site: (Sat Sept. 20th)

- Food vendors and entertainment 11:00am to 4:00pm
- Free foot soaks, massages and first aid, lower hall
- Free showers in arena 11:30am – 7:00pm.
- Closing Ceremonies will be at approximately 8:00pm at Centennial Hall
- 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. A form will be available at the finish site to purchase a CD of 2008 Walk photos.

Information for your families:

- Look for all sorts of coupons and surprises in your walker goody bag
- Friday Sept. 19th - **Free bowling** at Youbou Lanes from 5:00pm to 8:00pm
- Saturday Sept. 20th - **Free family skating** 11:30am to 6:00pm Cowichan Lake Sports Arena
- Saturday Sept. 20th - **Bar Service available** 2:00pm to 6:00pm (**Adults only**) Lake Cowichan Curling Lounge.

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

Cowichan Lake Recreation Commission 1-250-749-6742,
Youbou Hall 1-250-745-3712, or email info@greatlakewalk.com