

Welcome to the Eleventh 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 September 14th 2012. 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 Saturday September 15th 2012 at the Youbou Church. Cost is \$5.50 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 Saturday September 15th, 2012.
- > **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.
- > **Pre Walk Shuttle bus - \$3.00.** A bus is available for those needing transportation from Lake Cowichan to Youbou starting from the Lake Cowichan Arena at 3:15am.
- > **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/supportvehreg.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. Please make sure your **WALKER BIB NUMBER** is on **EACH** bag.
- > 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 September 14th, 2012 in the Upper Youbou Hall.

- > Tickets \$9.00 - numbers are limited. Reserve early on your registration form or at info@greatlakewalk.com

Bus/Shuttles/Parking:

- > Bus service to Youbou (Start Site). First bus leaves the Cowichan Lake Sport Arena at 3:15am Saturday September 15th, 2012. 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 September 15th, 2012.
- > 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.***
- > ***PLEASE, PLEASE DO NOT USE DUCT TAPE ON YOUR FEET.***
- > 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: (Saturday September 15th 2012)

- > 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.

Information for your families:

- > Look for all sorts of coupons and surprises in your walker goodie bag
- > Friday September 14th 2012 - **Free bowling** at Youbou Lanes from 5:00pm to 8:00pm
- > Saturday September 15th 2012 - **Free family skating** from 11:30am to 6:00pm at the Cowichan Lake Sports Arena.
- > Saturday September 15th 2012- **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

See you at the Finish Line!!