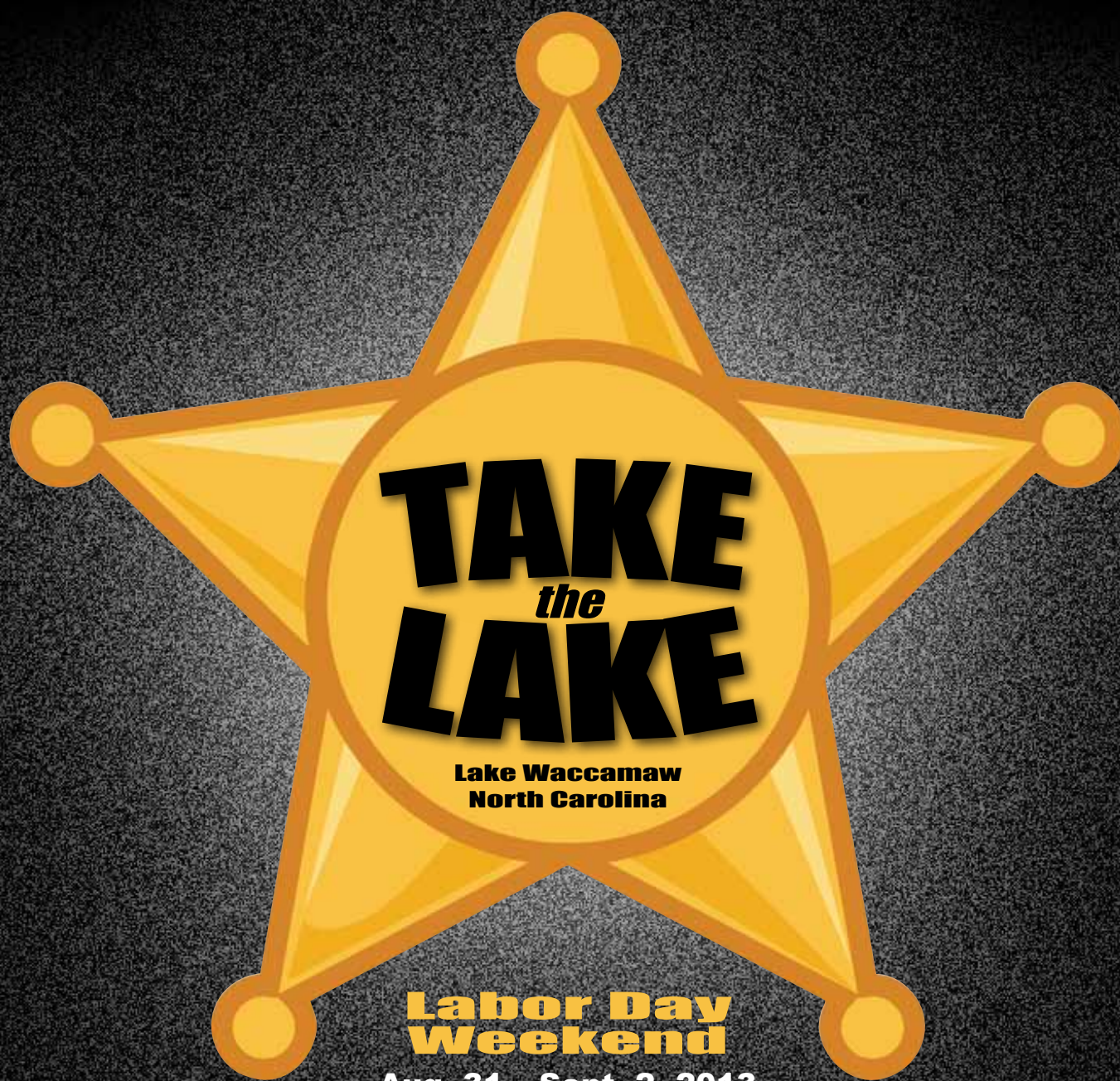


**5<sup>th</sup>  
Annual**

**FREE!**  
REGISTER TODAY  
at [Takethelake.org](http://Takethelake.org)



# FITNESS PURSUIT '13

*This year, we're calling the cops!*

All are welcome, with a special tribute to law enforcement, criminal justice and corrections in 2013.

**WALK / RUN**

**Saturday at 8 a.m.**

Walk or run 15 miles on roads and state park trail. (3-6 hrs.) Start at State Park.

**Paddle**

**Sunday at 8 a.m.**

Paddle a kayak or canoe 14 miles along shore. (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 could ...

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 6)

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. 3)

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. 24)

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, and push bicycle one mile.

Swim non-stop for at least one hour.

## Modus Operandi

- Anyone can enter, but in 2013, we are paying special tribute to law enforcement.
- 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](http://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.
- T-shirts are \$10 before August 10, and \$12 while they last. Order at [Takethelake.org](http://Takethelake.org).

Sponsors (So far... [Join us at Takethelake.org](http://Join us at Takethelake.org)): CRHS, Liberty Healthcare, the McNeill family, BB&T, International Paper, Hill's Supermarket, Baldwin Woods Gynecology, G.E., Cheap Therapy, Vann Underwood Chrysler-Jeep-Dodge-Ram, Baldwin Woods Pharmacy, First Citizens Bank, Dale's at the Lake, Gore Mini Storage.



"Yes, your Honor, I swear that I will take the lake, the whole lake, and nothing but the lake, so help me, God!"

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

**Takethelake.org**  
Register online today!

Also...  
**TEAM X-TREME!**  
All four PECs in one day!  
(This one's a race • 1-4 people • Entry fee)  
August 24

**Living**  
The News Reporter  
Thursday, July 3, 2013, Section C

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