

Are you ready to...

Take the Lake?

It's the newest unique fitness challenge in the Carolinas - right here in Columbus County!

**Only
44
days
left!**



From the web site Takethelake.org



New this year - official event tokens for each event carry on the tradition of the gold coin, bottom, given to successful swimmers.

Consult a health professional before embarking on a new exercise regimen. Only you can truly understand your abilities, but here are a few guidelines.

	Walk / Run	Bicycle Ride	Paddle	Swim
	Saturday Sept. 5 at 8 a.m. <i>Walk or run 15 miles on roads and state park trail (3-6 hours). Start at State Park.</i>	Sunday Sept. 6 at 8 a.m. <i>Ride 12 miles on roads, walk 3 miles on trail (2-4 hours). Start at Dale's.</i>	Sunday Sept. 6 at 2 p.m. <i>Paddle a kayak or canoe 14 miles along shoreline (3-5 hours). Start at Dale's.</i>	Monday Sept. 7 at 8 a.m. <i>Swim 4 miles along buoys (3-5 hours). Start at the dam, or Dale's depending on winds.</i>
Do not attempt these events if you cannot...				
	Walk 3 miles easily.	Bicycle for one hour, and walk for 30 minutes easily.	Paddle for one hour easily, or paddle in rough water.	Swim for one hour easily.
Ready for a challenge? Build your endurance gradually...				
6 Weeks (July 25)	Walk at least 2 miles, 2-3 times each week.	Ride for at least 30 minutes, 2-3 times each week.	Paddle for at least 30 minutes.	Swim for 20 minutes non-stop, at least two times.
3 Weeks (Aug. 15)	Walk at least 3 miles, 2 times each week.	Ride for at least 45 minutes, 2 times each week.	Paddle for at least one hour.	Swim for 40 minutes non-stop, at least two times.
1 Week (Aug. 29)	Walk at least 5 miles in one outing.	Ride for at least one hour, and push bicycle one mile.	Paddle for more than one hour and in rough water.	Swim non-stop for about one hour.

Useful stuff to get you going

- These events are not races, and are significantly less strenuous. But they are tests of endurance and, for most people, will require some training.
- Take the Lake will have no entry fee in 2009.
- Events are designed to be ambitious personal challenges. Please participate only if you intend to finish.
- Please register in advance at Takethelake.org. This is not required, but is very important both for the organizers and for your commitment.
- Event t-shirts will be available for \$8 prior to Aug. 10, and \$10 after, while supplies last. Visit Takethelake.org for more information.
- Take the Lake posters are everywhere. Participants are asked to "sign" more than one to spread enthusiasm for their events.
- An informal church service will be available after the bicycle ride Sunday morning.
- Teams are not required, but they certainly make the events more fun!
- All participants will receive official event tokens for each event they complete.
- Rest stops will be provided for the walk/run, bicycle and paddle events.
- Each swimmer must have a personal escort boat, either paddle or powered.
- Bring one bottle of water to refill at rest stops. For environmental reasons, we are not providing bottled water for hundreds of people.
- Walkers should not wear brand-new shoes.
- Bring snacks if you think you'll need them - or to help you make friends along the way!
- Events will be timed, so ask at the finish line if you want to know your time.
- Sponsors, so far, include: Baldwin Woods Pharmacy, Dale's at the Lake, John McNeill, CRHS, BB&T, Liberty Healthcare and Hill's Supermarket. Two more are needed - please contact Mark Gilchrist.
- Bike riding is not allowed on the state park trails, for safety and environmental reasons. Please prepare yourself to walk your bike the three miles.
- Fall high school sports players - use Take the Lake to get in shape for the season and strengthen your teams.
- Follow your friends as they tweet their progress Labor Day Weekend, at twitter.com/takethelake!

Register today, at...

Takethelake.org