

FREE!
REGISTER TODAY
at Takethelake.org



**Participate in any or all four
Personal Endurance Challenges**

It's not a race... it's an opportunity, for your health!

WALK / RUN Saturday at 8 a.m.	Paddle Sunday at 8 a.m.	Bike & Hike Sunday at 2 p.m.	Swim Monday at 8 a.m.
Walk or run 15 miles on roads and state park trail. (3-6 hrs.) Start at State Park.	Paddle a kayak or canoe 14 miles along shore. (3-5 hrs.) Start at Dale's.	Ride 12 miles on roads, walk 3 miles on trail. (2-4 hrs.) Start at Dale's. <u>Helmet required!</u>	Swim 4 miles along buoys. (3-5 hrs.) Start at the dam, or Dale's depending on winds.

Only you know your abilities, but here are a few guidelines.

Do not attempt these events if (with training) you cannot...

Walk 3 miles easily.

Paddle for one hour easily, and paddle in rough water.

Bicycle for one hour, and walk for 30 minutes easily.

Swim for one hour easily.

Ready for a challenge? Build your endurance gradually...

4 Weeks
(Aug. 4)

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. 25)

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.

**Labor Day Weekend
September 1, 2 & 3**

Instructions

- Anyone can enter, but in 2012, we are paying special tribute to educators, so *cheer when you see a teacher!*
- Always consult a health professional before embarking on a new exercise regimen.
- Helmets are required for ALL Bike & Hikers.
- Events are designed to be ambitious Personal Endurance Challenges. Please participate only if you intend to finish.
- Register today at 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 friends, coworkers and club members 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!
- Each swimmer must have an escort craft.
- Bring healthy energy snacks.
- These are not races, but they do require a commitment of training and perseverance.
- Participating children are the responsibility of accompanying parent or guardian at all times in all events.
- T-shirts are \$10 before August 10, and \$12 while they last. Order at Takethelake.org.
- Bike riding is not allowed on state park trails, for safety and environmental reasons. Please prepare yourself to walk your bike the three miles.
- Fall sports teams- use Take the Lake to train for the season and strengthen your team.
- Sponsors: (*Join us, at Takethelake.org!*) CRHS, Liberty Healthcare, the McNeill family, BB&T, International Paper, Hill's Supermarket, Joe's Barbeque, Cheap Therapy, Baldwin Woods Gynecology, Baldwin Woods Pharmacy, First Citizens Bank, Dale's at the Lake, Gore Mini Storage. Intra-coastal Realty.

Takethelake.org

Visit our website for event registration form and other details.

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

TEAM X-TREME! August 25
All four PECs in one day! (This one's a race - 1-4 people - Entry fee)