

MISSION
See pg. 4-C for
TOP SECRET
INSTRUCTIONS!

WE WANT YOU!

To Fight for Better Fitness

Take THE LAKE
2011

Lake Waccamaw, North Carolina

FREE!



Register at TaketheLake.org by July 15 to win a pair of classic Boss 302 Ford Mustangs!
(Thanks, Quality Ford!)



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.

SWIM

Monday at 8 a.m.

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...

8 Weeks
(July 9)

Walk 2 miles, 2-3 times each week.

Paddle for at least 30 minutes.

Ride for at least 15 min. each week.

Swim for 20 min. non-stop, 2-4 times.

4 Weeks
(Aug. 6)

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. 27)

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.

Mission Briefing Details

(More, on pg. 4-C.)

Living

The News Reporter
Thursday, June 30, 2011, Section C

- Always consult a health professional before embarking on a new exercise regimen.
- 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.
- These are not races, but they do require a commitment of training and perseverance.

- 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 a personal escort craft.
- Bring healthy energy snacks.
- T-shirts are available for \$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 high school sports - use Take the Lake to train for the season and strengthen your teams.
- PECs will be timed to the minute.
- Sponsors: CRHS, Liberty Healthcare, the McNeill family, BB&T, International Paper, Hill's Supermarket, Coldwell Banker SeaCoast Realty, Baldwin Woods Pharmacy, Dale's at the Lake, Gore Mini Storage, Cheap Therapy, Quality Ford

Labor Day Weekend
September 3 - 5, 2011

Participate in any or all four
Personal Endurance Challenges

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

TaketheLake.org

Register today!

Take the Lake is possible because of support from *The News Reporter* and through the extraordinary network of healthcare professionals of Columbus County Healthy Carolinians.

New!
TTL X-TREME!
All four PECs
in one day!
August 27
(Not Free)

New!
Themes
& we start with
a tribute to our
U.S. Armed Services!