

THE SHAWNIGAN LAKE WALK

6TH ANNUAL

Caring Step By Step

presented by



Working in cooperation with
**Subaru Shawnigan Lake
International Half Iron
and Sprint Triathlon**
for a **FUN Weekend** in
Shawnigan Lake!

Saturday, May 29, 2010

Shawnigan Lake Community Centre
2804 Shawnigan Lake Road
Shawnigan Lake

• Registration / Check-In	7:30 am
• Warm Up	8:00 am
• Walk Start Time	8:30 am

JOIN US for a WALK...

- **3.5k Family Walk** along the safe Trans Canada Trail to the **Kinsol Trestle**
- **10k McGee Creek Walk** down the Trans Canada Trail
- **13.5k Combination Walk** Kinsol Trestle and McGee Creek
- **22k Shawnigan Lake Walk**
- **27k Scenic Lake Walk** with 11k along the Trans Canada Trail
- **2 hour Kayak paddle** (bring your own kayak)

BRING A FRIEND PROGRAM

- for every friend you bring who is walking for the first time, we'll add \$10 to your pledges

All funds raised go directly to



**Cowichan
Family
Caregivers
Support
Society**

Register on-line using your credit card at
www.theshawniganlakewalk.com or at...

- | | |
|---------------------------------------|-----------------|
| • All Island Savings locations | Cowichan |
| • Island Runner | Victoria |
| • Shawnigan Lake Pharmacy | Shawnigan Lake |
| • Station Street Gallery & Frame Shop | Downtown Duncan |
| • Community Farm Store | Duncan Garage |
| • The Chemainus Health Food Store | Chemainus |
| • Salamander Books | Ladysmith |

VISIT OUR WEBSITE

www.theshawniganlakewalk.com

for more information about great prizes for gathering pledges, the raffle, live entertainment and an organic lunch!

THANK YOU TO OUR SPONSORS



Phone **250-743-7621** for more information
www.familycaregiverssupport.org