

PLEASE PRINT

NAME _____

ADDRESS _____

CITY/TOWN _____

PROV _____ POSTAL CODE _____

EMAIL _____

PHONE () _____

☐ FEMALE ☐ MALE

Waiver

The registrant accepts and will enter **The Shawnigan Lake Walk** at his/her own risk and agrees that the **Cowichan Family Caregivers Support Society** has made no warranties or representations respecting the suitability or condition of the route. The registrant further agrees that he/she will indemnify and save harmless the **Cowichan Family Caregivers Support Society**, its officers, staff and volunteers from and against any and all claims whatsoever, including all damages, personal injury, liabilities, expense, costs, including legal or other fees, incurred in respect of any claim(s) or action(s) or proceeding(s) brought thereon arising directly or indirectly from or in connection with the granting of this registration. The registrant is 19 years old, or has a guardian. I hereby consent to the collection of personal information. I give permission to publish my name and results, and to use any photographs in which I appear, to publicize the walk in print or on the internet.

In compliance with the Personal Information Protection Act, your personal information will not be circulated or sold. Unless otherwise stipulated by you, your name, etc. and walk finishing time may be posted on our website and/or in local media.

Please drop off your completed registration form with fees at our registration outlets (see website) or mail no later than Friday, May 22, 2010 to:
Cowichan Family Caregivers Support Society
PO Box 13, Shawnigan Lake, BC V0R 2W0
Phone 250-743-7621
www.theshawniganlakewalk.com

Signature of Participant
or Guardian (if participant
is under 19 years of age)

DATE

Welcome!

2010 will be another great year to take a scenic walk around the Lake or shorter walks on the Trans Canada Trail. You can even choose to kayak the Lake! As this event is our second largest source of funding, we ask all registrants to **gather as many pledges as they can**. Again this year, we have a special draw just for those who bring in pledges. **For every \$50**, you'll receive an entry in the draw for **two nights at A Small World B&B in Chemainus and two complimentary tickets to a pre-show dinner & theatre performance at the Chemainus Theatre Festival**. By participating and bringing pledges, you are supporting caregiving families in the Cowichan Valley.

New this year is our "Bring a Friend Program"

For every friend you bring who is participating for the first time, **\$10 will be added to your pledges**. Your friend has to write your name on his/her entry form (**see registration panel**). For more information, please visit our website.

Once again, you will be treated to a delicious organic lunch, a warm footbath/massage, and the delightful sounds of live music! We will have prizes for the individual, youth and team that raise the most money. All funds raised will enhance the services of **Cowichan Family Caregivers Support Society**. We sincerely thank you for your support. **See you there! The Shawnigan Lake Walk Committee**

THINGS TO REMEMBER...

- Early Bird Deadline is **April 30th**
- Bring your completed **pledge forms**
- Warm-up starts at **8:00 am** at the Shawnigan Lake Community Centre
- There will be **food** available after the walk

For more information, please visit our website

www.theshawniganlakewalk.com
phone **250-743-7621** or e-mail us at
info@theshawniganlakewalk.com



2010 Walk Details...

3.5k Family Walk to the impressive Kinsol Trestle and enjoy the Shawnigan Lake Historical Society's presentation about the origins of the famous trestle

10k McGee Creek Walk down the majestic Trans Canada Trail

13.5k Combination Walk to see the natural beauty of both the Kinsol Trestle and McGee Creek

22k Shawnigan Lake Walk
around the Lake with lovely lake views

27k Scenic Lake Walk
around the Lake, along the
Trans Canada Trail (11k)

Shuttle bus transportation to and from the Trans Canada Trail will be available.

KAYAKERS...

Kayaking is a great alternative for those who prefer to be **on the water**, rather than walking beside it. An adventurous way of raising funds in support of caregiving families with a refreshing **two-hour morning paddle**.

*Please note: this event is
BYOK (bring your own kayak)*

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pinkcreative.ca

Caring Step By Step

THE SHAWNIGAN LAKE WALK

6TH ANNUAL

presented by



- **3.5k Family Walk**
- **10k McGee Creek Walk**
- **13.5k Combination Walk**
- **22k Shawnigan Lake Walk**
- **27k Scenic Lake Walk**
- **2 hour Kayak Paddle**

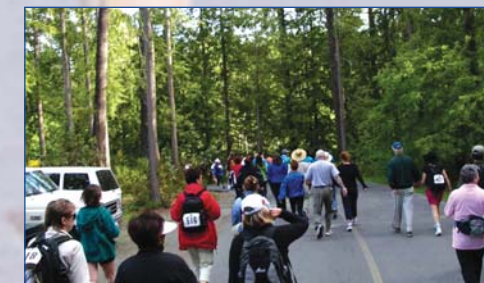
Saturday, May 29, 2010

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 |

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



**Cowichan
Family
Caregivers
Support
Society**

** Thank you for your generosity. TAX RECEIPTS will be given for pledges of \$15 or more, provided contact information is both legible and complete.*

Please fill in this form and return it together with your **PLEDGE MONEY** to the Registration Table at the Walk.

We sincerely thank you for your participation! See you next year!

phone 250-743-7621
www.thesawniganlakewalk.com

**TOTAL
PLEDGES**

\$

presented by



Beltone

TCT = Trans Canada Trail

- ## Individual

- ### TEAM (5 persons or more)

Team Name _____

- ## BRING A FRIEND PROGRAM

- ☐ I am a FIRST-TIME participant. The friend who brought me is _____