

PLEASE PRINT

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CITY/TOWN _____

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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 20, 2011 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!

2011 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**. By participating and bringing pledges, you are supporting caregiving families in the Cowichan Valley.

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 a **one night stay at the Timeless Rose B&B and two tickets to Fiddler on the Roof at the Chemainus Theatre Festival**.

Back 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



2011 Walk Details...

4k Family Walk now includes crossing the newly renovated Kinsol Trestle. Enjoy the Shawnigan Lake Historical Society's presentation about this famous landmark.

10k McGee Creek Walk down the majestic Trans Canada Trail

14k 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, with the support of Cowichan Bay Kayaks, is a fun way to participate and raise funds in support of caregiving families! You may bring your own kayak or rent one on the day of the walk for \$20.00.

New this year is a special draw for kayakers: win a one day guided tour of the Sansum Narrows (lunch included!) provided by Cowichan Bay Kayaks! *A limited number of rental kayaks are available so please register early!*

Brochure design supported by Zuk Design



- **4k Family Walk**
- **10k McGee Creek Walk**
- **14k Combination Walk**
- **22k Shawnigan Lake Walk**
- **27k Scenic Lake Walk**
- **2 hour Kayak Paddle**

Saturday, May 28, 2011

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

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hosted by  Cowichan Family Caregivers Support Society

