

Themes

For the 2013 Take the Lake Training Season, we pay tribute to law enforcement, criminal justice and corrections. Each year, we adopt a theme to target a specific group of people and to super-motivate them; this also adds fun and variety to our day, (notice the "cop" language in this brochure.)

History

Swimming across Lake Waccamaw has been a personal achievement for generations, with its first proponent, Lee J. Greer, encouraging hundreds of youths and adults to join him as far back as the 1940s, and it became a Labor Day tradition. Around 2000, Grant Egley began annual walks around the lake on the same weekend. In 2008, a pilot event was organized, adding paddling and cycling, and in 2012, more than 1,000 people participated in **Take the Lake**.

Our Philosophy

What moves us? We're not a fundraiser, we're not a race, our distances are absurdly long, our opening ceremony is, well, fun, and our brochures are very non-race-like – no wonder it takes some people a little time to figure us out.

In a word, we are a challenge. We simply place a respectable goal in front of ordinary people to motivate them to do something extraordinary.

Lee J. Greer believed that inspired people can do inspiring things, and that has proven true through the years. One person "Takes" the Lake, and next year, their friends, family or coworkers follow. We invite you to do something extraordinary for yourself today and inspire others for a healthier tomorrow.

Madelyn McCullen, 15, completed all four Personal Endurance Challenges over three days in 2011; the next year, five other teenage girls achieved the same goal.

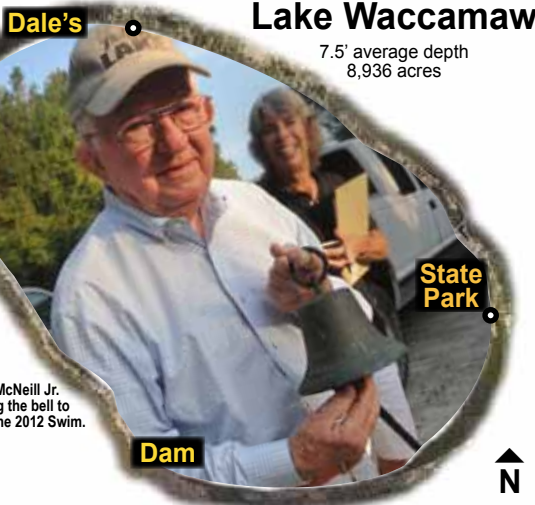
Training

We really offer only one thing; significant Personal Endurance Challenges that require preparation and training at least through the summer. Each year, we get a few people who attempt a PEC without training, and most quickly realize what has been proven over and over; that, *without a doubt*, training will help you succeed and enjoy the day much more. We also know that training will help you develop a stronger body and a more healthy lifestyle. Visit Takethelake.org for suggested training schedules, a calendar of area fitness events and more.

Awards

In **Take the Lake**, you are awarded just for finishing! For decades, Collier's Jewelers has donated beautiful gold medals to successful Labor Day Swim participants.

For people who successfully walk, bike or paddle around Lake Waccamaw, the McNeill family founded the John A. McNeill Award (JAMA) in honor of their father, and will award it for the fifth year in 2013.



John McNeill Jr. ringing the bell to start the 2012 Swim.

Volunteer

Visit Takethelake.org for 16 specific areas where we can use your help. Also, our participants love to see residents on our event routes – land or water – cheering them on. *Can't participate? Show support with encouragement.* Open your Lake house to friends and family Labor Day weekend for fitness and fun!

Finish-line Fun!

We're thrilled that enthusiastic groups have stepped up to make your finishes even more exciting, providing you with awesome snacks and refreshments. If your business or organization would like to join in the fun and enjoy sponsorship recognition, please visit our sponsor page at Takethelake.org or contact us through that website.

Hey, hydrilla!

Well, we got it. Found hydrilla in our lake, and we're taking action. Two things to note: First, if you use a boat on most lakes in the South, check it and the trailer when you take it out so you don't spread invasive species; Second, the herbicide we're applying has been used for decades and affects plants only, so swimmers are safe.

Liberty HomeCare & Hospice Services
Independence. Compassion. Care.

Columbus Regional
HEALTHCARE SYSTEM

5th Annual

FREE!



WALK / RUN
15 MILES

PADDLE
14 MILES

BIKE & HIKE
12 + 3 MILES

SWIM
4 MILES

"I swear to take the lake, the whole lake, and nothing but the lake..."

Labor Day Weekend
Aug. 31 - Sept. 2, 2013
Takethelake.org

Take the Lake is **FREE** in 2013, thanks to the hard work of dedicated committee members and the generous support of sponsors and donors like you. Donate today, at Takethelake.org!

Entry Form

You may also register online at Takethelake.org by **August 23**.

Book me!:

☐ **Walk / Run**

☐ **Bike & Hike**

☐ **Paddle**

☐ **Swim**

First Name _____
TTL or TTL X-TREME! participant or team captain. (see below)

Last Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____ Sex ☐ M ☐ F

Email _____

Age on August 31, 2013 _____

Mail Entry **by August 19** to: Take the Lake, P.O. Box 19
Lake Waccamaw, NC 28450

Sign me (us) up for...

TAKE THE LAKE X-TREME!

August 24

☐ **Single: \$35**
(\$50 after Aug. 9)

☐ **Team: \$65**
(\$75 after Aug. 9)

Enter single or team captain's info above. Make check payable to: Take the Lake.

#2 Name: _____

#3 Name: _____

#4 Name: _____

Must be 18 on Aug. 24, or previously completed all four PECs and have adult support. Will sign waiver on event day. Everyone gets a TTL t-shirt!

Take a great deal on the...

2013 OFFICIAL
TAKE THE LAKE T-SHIRT!

On sale in late August in the
Take the Lake "Cop Shop"
(That's a pop-up store made just for Take the lake.)



SUBPOENA



You are hereby invited to participate in a **SUPERIOR TRIAL OF FITNESS** at the following locations and times:



**15
MILES
WALK / RUN**

- Order in the court! This is an easy walk with no hills, but it's longer than the bar exam. Walk mostly on the road, with four miles on shaded park trails.
- Always walk facing traffic and do not block the traffic lane. *Watch for cars!* Walk single file or on the road shoulder when you can.
- The trails have plenty of dirt, grass, sand, roots and other things that can assault you. So heed State Statute TTL – #1: *Be Careful!*
- Our magistrate has issued a restraining order on motor-vehicle patrols, which congest traffic; don't follow your family or friends in a vehicle.
- The usual suspects walk 3 mph, so plan on 4-6 hours to crack this case wide open, and to *Take this Lake!*

Saturday, August 31 • 8 a.m. start
Roll Call: State Park, from 7:15–8 a.m.
Judge's Instructions: 7:30 a.m. sharp

Laying down the law

- Wave to Cops, Deputies, Officers, Guards, Lawyers, Judges...
- In more than one PEC? Save your numbered bib.
- You must complete a PEC unassisted for an award.
- Parents are responsible for their children at all times.
- No pets, please – this is not just a walk in the park.
- These PECs are not guided tours; you must make your own decisions regarding your abilities and the weather.
- Do not litter – recycle, find a garbage can, or carry it.
- **DRINK BEFORE YOU GET THIRSTY!**



**14
MILES
PADDLE**

- Patrol three areas; past homes on the northern and western shores; along the state park wilderness; and on the peaceful eastern shore.
- Do not attempt this paddle unless you have trained. It is 14 miles, and participants who quit midway put stress on the volunteer safety crew. Come prepared for the long haul, or the judge may slap you with a *Re-training Order!*
- Listen for Judge's Instructions on the direction of travel – based on wind conditions – at the Roll Call.
- Stay between the "no-wake" poles and the shore, or you will be in Contempt of Lake.
- Need a break? If you stop at a pier, be respectful of owners and try to get their permission.
- Kayaks are best; canoes are OK, but will make your case more difficult; & attempting this in a paddleboat or anything inflatable could be a life sentence.
- Volunteers will patrol the lake if you need bail.
- You must report to us if you drop out.
- Depending on your craft, skill and pace, solving this case should take between 3-6 hours.

Sunday, September 1 • 8 a.m. start
Roll Call: Dale's parking lot, 7:15–8 a.m.
Judge's Instructions: 7:45 a.m. sharp



**12+3
MILES
Bike & Hike**

- Relax officers, this is an easy arrest! Leisurly pedal 12 miles on the quiet streets of Lake Waccamaw and interact with residents.
- Walk your bicycle along three miles of Lake Waccamaw State Park trails and over the dam.
- Helmets are required for all riders.
- On the road, ride with traffic and do not block the lane. Watch out for vehicles, and yield to them.
- Ride single file, or you might get busted!
- Bicycles must not be ridden on state park trails, as it is dangerous, and harmful to the trail. Fine + court costs = \$156. *No pleas will be taken.*
- Roots on the trail can damage expensive bicycles, so SWAT cyclists might consider carrying their bikes.
- Your bike must be with you at all times; shuttling bikes around the park will really upset the bailiffs.
- Are you in the right mood for this case? If you want to ride your bike illegally on the walking trails, or hustle through this beautiful park *as if the bloodhounds are on your tail*, then do not participate. This is the shortest case all weekend, so please relax and enjoy it.
- Rather not hike? Enjoy 22-mile rides in the fall and spring organized by the Friends of Lake Waccamaw State Park.
- This trial will take about an hour to bike and about an hour to hike, so plan to *Take this Lake* in 2-3 hours, with breaks.

Sunday, September 1 • 2 p.m. start
Roll Call: Dale's parking lot, 1:15–2 p.m.
Judge's Instructions: 1:45 p.m. sharp



**4
MILES
SWIM**

- People ages nine to seniors have solved this case, in a Labor Day tradition that began here in the 1940s (*by a lawyer!*)
- Each swimmer must have a safety escort boat – paddle or motor piloted by an adult – for this 2-5 hour trial.
- Follow the yellow balloons along the four-mile route – the same distance as from Alcatraz to Sausalito. *Good luck!*
- To receive the official Lee J. Greer Award, you must swim unassisted and without propulsion devices. You may hold a boat if it does not assist you in forward movement.
- Wet suits are allowed.
- You must report to us if you drop out.
- **Silver Swim Relay:** Up to four people age 55 or older, (who have completed this swim before,) may team up. The swim is the only PEC where a relay team is permitted.
- Expect to end this trial in less than four hours.

Monday, September 2 • 8 a.m. start
Roll Call: Dale's or the dam, 7:30–8 a.m.
Judge's Instructions: 7:45 a.m. sharp

TTL X-TREME!

- Complete all four Personal Endurance Challenges in a single – **L O N G** – day.
- Banners awarded for top finishers.
- Timing breakdowns provided, but *only your final time* counts.
- Swim first, then Bike & Hike, Paddle and Run / Walk.
- A support person is required, and a team is recommended.
- 10 p.m. Deadline. Race against the sun to be off trail before it sets.
- Sign up early at TaketheLake.org so we can keep you informed.
- Build a squad with up to three of your friends for a relay.
- Entry fee – see entry form.

Saturday, August 24 • 6 a.m. start
Roll Call: Dale's or the dam, 5:30 a.m.
Judge's Instructions: 5:45 a.m. sharp

TaketheLake.org

Visit taketheLake.org for online registration and other details.

Participate in any or all four Personal Endurance Challenges!

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