

TAKE *the* LAKE

Lake Waccamaw North Carolina

**Labor Day
Weekend**

Aug. 30 - Sept. 1, 2014

WALK / RUN
15 MILES

SATURDAY 8 a.m.
State Park

BIKE & HIKE
15 MILES

SUNDAY 2 p.m.
Dale's

PADDLE
14 MILES

SUNDAY 8 a.m.
Dale's

SWIM
4 MILES

MONDAY 8 a.m.
Dale's or Dam

"Planting the seed of Fitness"

All are welcome, with a special tribute to those who grow the products for our lives.

Participate in any or all four
Personal ENDURANCE Challenges

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

Register online until August 22,
or on site the day of your challenge.

FREE!

TEAM X-TREME!

SWIM • BIKE • PADDLE • RUN

All four PECs in one day!

[This one's a race • 1-4 people • Entry fee]

August 23

HILLS



Liberty HomeCare
& Hospice Services
Independence. Compassion. Care.

TakeTheLake.org

Columbus Regional
HEALTHCARE SYSTEM

Baldwin Woods
PHARMACY

Always consult a health professional before embarking on a new exercise regimen.
Participating children are the responsibility of accompanying parent or guardian at all times in all events.

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

DALE'S
SEAFOOD

1 inch by 1 inch, row by row, gonna make this garden grow