

TAHSIS LIONS CLUB GREAT WALK-ULTRAMARATHON

WELCOME TO NORTH AMERICA'S
TOUGHEST PLEDGE WALK

Brief History:

In 1978, Tahsis Mayor Bill Lore issued a challenge to Gold River Mayor Vic Welsh, "I will walk to Gold River if you (Vic) will walk to Tahsis." The challenge was taken seriously, the walk happened and a tradition started.

This first walk raised more than \$5,000 towards their community centre. Since then, the "Great Walk," has gained the reputation of being North America's toughest pledge walkathon. Each year there are more participants, raising more money for more charities.

The Tahsis Lions Great Walk:

The GREAT WALK is an annual fund raising event sponsored by the Tahsis Lions Club. People travel from all over the world to participate in this great event (Australia, Hawaii, Netherlands, Japan, England, Canada, USA)

The Great Walk takes place on the 63.5 kilometers of gravel logging road between Gold River and Tahsis on Vancouver Island and covers what we believe to be some of the most rugged and beautiful country in the world.

Walkers can choose to walk for pledges for a recognized charity or organization of their choice, or just walk for the personal challenge. Great Walkers have raised more than \$1,000,000.00 for many worthy charities.

The GREAT WALK starts at 4:00 AM near Gold River and is officially over sixteen hours later at 8:00 PM in Tahsis. (*We reserve the right to pick up and bring in any walkers not recorded in by the 8:00 PM deadline.*)

All walkers receive a GREAT WALK T-shirt for making it halfway (Checkpoint 6) and the coveted Burning Boot Award for completing the route. There are a total of twelve checkpoints along the way, offering the walker refreshments, drinks, first aid supplies, and moral support! Special trophies are presented at the awards ceremony that starts at 8:30 PM.

Bus transportation between Gold River and Tahsis will be available, at additional cost, before and after the GREAT WALK.

Good Luck and Thank You for participating in the Tahsis Lions Club Great Walk.

Tahsis Lions Club 35th Annual Great Walk-Ultramaraton June 2, 2012

Phone: 250-245-1045

Fax: 250-245-4821

Email: greatwalk@greatwalk.com

www.greatwalk.com

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Master Industrial Construction Ltd.



Ladysmith BC
Phone 250 245 4876

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IMPORTANT NOTICES

1. Read all pages – they contain very important information – monitor our website for all updates.
 2. Complete page four – make sure to fill in all details – make sure to print.
 3. Complete page(s) five and/or six if applicable – make sure to fill in all details – make sure to print.
 4. Choose to pay either by cheque, money order, or **VISA** – fill in all appropriate data.
-

IMPORTANT

Personal Health

Always check with your doctor before participating in any extreme event.

The Great Walk is made up of 63.5 km of gravel roads, with steep hills.

You will experience all types of weather, cold, rain, or extremely hot and sunny.

CREDIT CARD NOTICE

The only credit card we accept is **VISA**

CHECK-IN CHECK POINTS

The “check-in” check points are: 3, 6, 8, 10, and the Finish Line

IMPORTANT

The designated “Walker-Bag” is limited to

one medium sized bag per ‘Registered Walker’ !

(This bag should not exceed 25lbs & should not be larger than 18”wide x 24”high x 12”deep)

The “Designated Luggage Check Points” are: **6, 9 and Finish Line.**

(All other luggage, bags, or belongings can be transported to Check Point 6, or to the Finish Line.)

This is to minimize mass luggage confusion and congestion

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TAHSIS LIONS CLUB 35th ANNUAL GREAT WALK-ULRAMARATHON
June 2, 2012

NORTH AMERICA'S TOUGHEST PLEDGE WALK
GOLD RIVER to TAHSIS, British Columbia, 63.5 km

YOU can earn pledges for your favorite club, charity or non-profit organization. Test YOUR endurance, stamina and determination to the ultimate. YOU CAN BREAK RECORDS

Youngest Walker - Oldest Walker - Fastest Man - Fastest Woman - Fastest Youth

EARN A GREAT WALK T-SHIRT!

SPECIAL TROPHIES AWARDED !

EARN THE GREAT WALK'S "BURNING BOOT" AWARD !

Experience the warmest welcome of your life! You will never forget it!

TRANSPORTATION & ACCOMMODATION:

Bus transportation between Tahsis and Gold River will be available before and after the GREAT WALK by advance, pre-paid seat sales. If you haven't purchased a seat on the bus, please make sure that you have made your own arrangements to return to Gold River. Many walkers reserve a hotel room in Gold River for Friday evening and/or for Saturday night in Tahsis or Gold River. Accommodations are limited so, please, reserve well in advance. Full pre-payment may be requested. Confirm the cancellation policy when you reserve. Walkers are advised to consider camping as motel accommodations do become limited.

Need to get away sooner?

Air Nootka is offering regular "CHARTER SERVICE" from Tahsis to Gold River on the day of the Great Walk. For More information contact Air Nootka at 250-283-2255 or by email at info@airnootka.com.

FOR MORE INFO ABOUT HIGHWAY & FERRY CONNECTIONS, ETC. PHONE *HELLO B.C.* TOLL FREE AT
1-800-663-6000

FINISH LINE:

The FINISH LINE is located at Captain Meares School gym. Lions Club members and other Volunteers will help visitors find their way around. Those walkers that make it at least halfway (check point 6) qualify for a "GREAT WALK T-SHIRT" which may be claimed at the finish line upon presentation of the walker's official number tag (which has been validated at checkpoint 6). Personal items left by walkers at the start line or at check points along the way may be picked up here. **Remember to label all your personal belongings.** The nearby Rec. Centre is equipped with an indoor swimming pool, saunas, showers, and exercise equipment. The use of the facilities may be available to registered participants, so bring a bathing suit and towel.

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2012 ENTRY FORM

YES! I WISH TO ENTER THE **35th annual GREAT WALK** on June 2, 2012.

Name: FIRST _____ LAST _____ Birthdate: M _____ / D _____ / Y _____

Mailing Address: _____ Check one: MALE _____ FEMALE _____

City: _____ Prov/State: _____ Phone: () _____

Postal/Zip: _____ Country: _____ Email: _____

(Note: It is very important to print clearly and supply all information – this ensures that you are correctly registered for the Great Walk)

T-SHIRT SIZE - Please Circle One **S** **M** **L** **XL** **2XL**

ENTRY FEE (CANADIAN DOLLARS) Absolutely no refunds after May 15, 2010

EARLY BIRD REGISTRATION (until midnight, March 31, 2012) ----- **\$75.00** ----- \$ _____

REGULAR REGISTRATION (April 01 to Midnight, May 25, 2012) ----- **\$90.00** ----- \$ _____

SUPPORT VEHICLE –Important: See paragraph 6 of the Great Walk Regulations) ----- **\$48.00** ----- \$ _____

BUS FARE (Complete & attach Bus Seat Form if you require transportation before and/or after the WALK.

Combine cost(s) for the bus fares and Insert Bus Number(s): ----- \$ _____
 (example: S1, F1)

----- **TOTAL** \$ _____

Mail this application sheet and bus form with cheque or money order to:

**Tahsis Lions Club
 10820 Chemainus Road
 Ladysmith, BC V9G-2A4
 Canada**

or pay with **VISA** and fax application to: **(250) 245-4821 (VISA only) PRINT CLEARLY**

VISA Account No

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Print Name exactly as it appears on card: _____

Expiry Date: _____ / _____ Card Holders Signature: _____

<p>I have read and agree to the regulations:</p> <p>Signed: _____</p>	<p>NOTE:</p> <p>Pick up your official Walker Number at the Royal Canadian Legion Hall in Gold River (405 Trumpeter Rd) Doors open @ 7:00 pm on Friday, June 1, 2012</p>
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(If you do not receive your confirmation number within fifteen days, contact us immediately.)
 For more Information please contact Mike Nicolaye at 250-245-1045, or email: greatwalk@greatwalk.com

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Tahsis Lions Club Great Walk-Ultramarathon

2012 BUS SEAT FORM

It is the walker's responsibility to be at the pick up area on time in order to board the chosen bus.
As the walkers finish the event, they must check in at the bus desk, they will be put on the list for the next available bus.
Busses will be loaded according to the list, based on a "first come-first serve" basis.

Sorry we cannot offer refunds for bus seats

STEP ONE: place a check mark in the box if you wish to purchase a seat on this bus.

S1
Tahsis to Gold River **\$28.00 each**
Departure Time **1:00 am**
Departure Date **June 2, 2012 (Saturday morning)**

Departs from the Tahsis Heli-Pad area (across from the gas station), before the event
Arrives in Gold River approx. 2:30am at the registration area

STEP TWO: place a check mark beside your chosen departure date.

F1
Tahsis to Gold River **\$28.00 each**
Departure Times Starting at approximately **3:30 pm**
Departure Date **June 2, 2012 (Saturday)**

Departs from the Great Walk finish line, after the event
Arrives in Gold River approx. two hours and fifteen minutes after departure

Tickets sold as a bus seat only, no times reserved.
Ticket holders must check in at the bus desk to get on the list for the next available bus.
Busses will be loaded according to the list, based on a "first come-first serve" basis.

STEP THREE: Print the name(s) for those purchasing the bus seats below and return this form with the entry forms.

Name: _____

Name: _____

Name: _____

Name: _____

**Remember to transfer the amount(s) due to the entry forms.
Include full payment with the entry forms.**

Need to get away sooner? Call Air Nootka at 250-283-2255

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TAHSIS LIONS GREAT WALK-ULTRAMARATHON

2012 SUPPORT VEHICLE FORM

Driver:

First Name: _____ Last Name: _____

Phone: () _____ Email : _____

List all WALKERS that you are supporting (please print FIRST & LAST names)

The driver of the support vehicle hereby agrees to drive the vehicle only in the direction of the Great Walk (from Gold River towards Tahsis). Drivers who operate the vehicle against the flow of the WALK, have served notice that their supported WALKER(s) has/have withdrawn from the Great Walk.

Note: When waiting at a checkpoint, park only on the far side (Tahsis-side) of the checkpoint. Please drive slowly, yield the right-of-way to the WALKER(s) at all times.

(Driver's Signature)

(Tahsis Lions Club)

of Support Vehicles: _____ **X \$48.00 each =** _____ **(total)**

Mail payment to: (cheque/money-order, or VISA number)

**Tahsis Lions Club
10820 Chemainus Road
Ladysmith, BC V9G-2A4 Canada**

Or **Fax VISA** number to: **250-245-4821**

VISA number: _____ Exp. Date: _____

Name as it appears on card: _____

Signature: _____

Vehicle Make: _____ **Vehicle Year:** _____

Vehicle colour: _____ **Vehicle Style:** _____

License Plate: _____ **Province/State:** _____

SUPPORT VEHICLE NUMBER ISSUED: (GW staff) : _____

TAHSIS LIONS CLUB GREAT WALK-ULTRAMARATHON

My name is _____ (Please Print)

of _____ (Address)

I AM ENTERING THE 2012 GREAT WALK-ULTRAMARATHON IN SUPPORT OF:

CHARITY:
ADDRESS:

CHARITY:
ADDRESS:

WILL YOU SUPPORT MY EFFORTS?

NAME (Pls Print)	ADDRESS	PHONE	PLEDGE PER KM (Max 63.5 km)	TOTAL PLEDGE	PAID √

PRINT OR PHOTOCOPY AS MANY COPIES AS REQUIRED

Tear along line Tear along line

PLEASE PROVIDE US WITH A TOTAL OF ALL YOUR PLEDGES TO HELP US DETERMINE HOW MUCH MONEY WAS RAISED IN 2012. PLEASE SUBMIT JUST ONE SUMMARY EVEN IF YOU HAVE COMPLETED MORE THAN ONE PLEDGE SHEET. PLEASE TURN THIS SECTION IN WHEN YOU PICK UP YOUR OFFICIAL NUMBER.

NAME: _____

PHONE: (_____) _____

NAME OF CHARITY

TOTAL PLEDGED

\$ _____

\$ _____

TOTAL AMOUNT PLEDGED

\$ =====

Tahsis Lions Club Great Walk-Ultramarathon

June 2, 2012

REGULATIONS

Part One

Please read all the regulations carefully:

1. All walkers must be registered by May 25, 2012. Entries will be **limited to 500** participants. **NO ENTRIES WILL BE ACCEPTED** after midnight May 25, 2012. Entry fees are **not refundable**, otherwise agreed upon by The Great Walk. Submitted entry forms are **not transferable**. You are not considered as registered until entry fees are paid in full. If you do not receive confirmation of your entry within 15 days, please contact us immediately. Walkers who have sponsors, please remove the bottom part of the Pledge Sheet and present it when you pick up your official number on June 1st or June 2nd, 2012. This will help us determine how much was raised for the many charities in the 2012 Great Walk.
2. All walkers who participate in the "GREAT WALK" do so at their own risk. Young walkers, **under 14 years of age** may enter but they **must** be accompanied by a responsible adult. Unaccompanied children, found playing by the roadside, will be picked up and transported to the next check point and withdrawn from the event.
3. Walkers must be suitably dressed and shoed. Rain gear and extra footwear is advised. It is strongly recommended to have an umbrella or suitable head and neck protection for both, sun or rain. Water and sunscreen are a must.
4. Starting time is 4:00 a.m., June 2, 2012. **There will be no late starters.** All entrants must present the **confirmation of entry** letter when picking up their official walker number from the **Royal Canadian Legion Hall** in Gold River. Please check in no later than 3:00am on June 2, 2012.
5. Walkers must **CHECK-IN** at check-points **3, 6, 8, 10,** and the **Finish Line**, by **showing** their official entrant number tag. Monitors will be on the entire length and duration of the walk. Refreshments, first aid supplies, and hygiene supplies will be available to all **registered walkers** at all twelve courtesy check-points and from officially identified road monitors in automobiles.
6. SUPPORT VEHICLES **MUST** BE REGISTERED AT THE TIME OF PARTICIPANT REGISTRATION. (See the "ENTRY FORM") Drivers for any support vehicles are required to pre-pay a registration fee of \$45 and to complete and sign a registration form in which they will list all supported walkers and in which they will agree to drive their vehicle only in the direction of the WALK. **The Gold River-Tahsis road will be officially closed to all regular traffic from 4:00 am to 8:00 pm on June 2, 2012.** See the GOLD RIVER START LINE GUIDELINES FOR MORE INFO.
7. Walkers may rest at any time, but are advised to use the check-points or road monitor vehicles for this purpose. All registrants must do the route only on foot. Although the GREAT WALK is officially a walking event - not a race, entrants are permitted to run or jog the route. No mechanical means of transportation, **such as bicycles**, may be used. Walkers may rest in any **stationary** vehicle. Walkers who accept, or request, a ride serve notice that they have withdrawn from the walk.
8. A walker may be sponsored by any number of individuals or groups. All DONATIONS pledged to the walker must be distributed to officially recognized charitable or non-profit organizations. The organization must be recorded on the pledge form. It is NOT a requirement for walkers to be sponsored; many people do it just for the challenge.

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Tahsis Lions Club Great Walk-Ultramarathon

June 2, 2012

REGULATIONS

Part Two

Please read all the regulations carefully:

9. Reporting at specific check points will qualify walkers for particular awards;

- A. All walkers who reach the official half-way point, Check Point 6, at the Conuma River Campsite, qualify for a "GREAT WALK" T-shirt. The T-shirt may be claimed at the finish line only upon presentation of the walkers official number tag (which has been officially validated at checkpoint 6).
- B. Walkers who complete the "GREAT WALK" will qualify for the Great Walk's "BURNING BOOT" award and certificate. **Remember to pick up your certificate from the "Certificate Desk" at the Finish Line.**
- C. Special presentations will be made to:
 - The walker with the FASTEST TIME will earn the BILL LORE FOUNDERS perpetual trophy.
 - The FIRST MAN walker finishing will earn the LES HORGAS MEMORIAL perpetual trophy.
 - The FIRST WOMAN walker finishing will earn the DENNIS READ MEMORIAL perpetual trophy.
 - The FIRST FEMALE YOUTH walker finishing (sixteen years or younger).
 - The FIRST MALE YOUTH walker finishing (sixteen years or younger).
 - The YOUNGEST FEMALE walker finishing will earn the BOB BILTON MEMORIAL trophy.
 - The YOUNGEST MALE walker finishing.
 - The OLDEST FEMALE walker finishing will earn the OLIVE JACKSON MEMORIAL perpetual trophy.
 - The OLDEST MALE walker finishing will earn the KEN TASKER MEMORIAL perpetual trophy
 - The HARDLUCK trophy for the last person finishing.

10. Starting and Finishing Points.

- The official starting line is located at the Gold River - Tahsis - Port Hardy "T" intersection approximately 4 km west of Gold River. The official finish line is at Captain Meares School gym. Walkers must be officially Checked-in prior to commencing the "GREAT WALK". Registered walkers must walk through the twin "BURNING BOOTS and ring the "FINISH LINE BELL" to announce their completion of the GREAT WALK.
- The official time for the start of the "GREAT WALK" is 4:00 am. We reserve the right to pickup, and transport to the Finish Line, any walker not past check point #12 by 8:00pm on June 2, 2012.
- Road rules, as announced by the official starter must be followed. The decision of the Chief Referee is final.
- Officials include:

Event Director	Check point Captains
Official Starter	Road Monitors
Road Captain	First Aid Attendants.
Finish Line Captain	Timekeepers

11. Arrangements for travel, accommodations, and meals remain the responsibility of the walkers. Confirm with your choice of travel and accommodations to ensure that your reservations and services meet your expectations.

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Tahsis Lions Club Great Walk-Ultramarathon

June 2, 2012

ROAD INFORMATION

CHECK-POINTS: There are 12 check-points located on the road providing refreshments, first aid and barrels of encouragement to the walkers. Each walker must check-in at check-points **3, 6, 8, 10, and the Finish Line**. Walkers who withdraw from the Great Walk must also report in at the nearest check-point. Road monitors will assist.

ROAD MONITORS: Mobile (radio equipped) monitors will travel the road all day providing aid to walkers while ensuring that a high degree of safety is maintained.

VEHICLES: Walkers have the right of way at all times. When approaching walkers drivers must drive very slowly or stop to prevent gravel kick-back, dust, etc. from injuring or impeding walkers. **A reminder:** vehicles may only travel in the direction of the Great Walk. When waiting at a checkpoint, all support vehicles must park on the far (Tahsis) side of the checkpoint.

DROP OUT TRANSPORTATION: Transportation will be provided (free of charge) from check point 6 to the finish line as soon as the last person has cleared through check point 6. Road monitors will assist walkers in reaching check point 6.

PERSONAL BELONGINGS: We will transport the "Walker-Bag" to any designated Luggage Check Point, from any designated Luggage Check Point to another designated Luggage Check Point, and to the Finish Line. The designated Luggage Check Points are **6, 9, and the Finish Line**. The "Walker-Bag" is limited to one medium-size bag per registered walker. This bag should not exceed 25 lbs. and should not be larger than 18"wide x 24"high x 12"deep. All other luggage, bags, or belongings can be transported to Check Point Six or to the Finish Line.

AMBULANCE SERVICE: Ambulance service will be available from Gold River and Tahsis. Radio contact will be maintained between checkpoints, road monitors and the ambulance service at all times.

ANIMALS: A walker may encounter "denizens of the woods", particularly bears during the Great Walk. **Don't panic!** The Old Adage, "they won't bother you, if you don't bother them" remains true. STOP. Don't make any sudden movements. **SLOWLY** back away to safety. **WAIT** for other walkers or a road monitor before proceeding. **DON'T** ever approach any wild animal. **STAY ON THE ROAD**, particularly if you are alone. **DOGS ARE NOT ALLOWED!**

WALKER HINTS AND SUGGESTIONS: Suggestions listed here are based on experience of Great Walkers, over the past 34 years:

- **KEEP YOUR FEET DRY.** Use proper sports socks that will wick away the moisture from your feet. Nylon or similar material should never be worn. Corn starch or vaseline **may** aid in maintaining dryness. Don't use talcum or other abrasive type powders. **DO NOT** use adhesive type "protectors." They will cause more problems than they prevent. Don't soak feet in water!
- **SHOES.** At least 2 pair of good walking or running shoes is advised. Check with your sport supplier. Don't buy cheap shoes; you'll pay the price.
- **CLOTHING.** Be prepared for rain! Make sure that you have suitable protection from the elements. Cold and dampness really slow you down. **KEEP DRY.** Head apparel is strongly recommended, wet or sunny. **KEEP YOUR SHIRT ON!** Hot, sunny days may prompt you to "get a tan" while walking. **DON'T DO IT!** Experience has proven that many walkers have dropped out because of over-exposure to the sun. Light colored clothing is advised.

UP AND DOWN AND ALL-AROUND: The experienced walker knows the pit-falls of tough walking conditions; the ups and downs, the dust, the cold, the heat, the shear weariness, the aches, the pain..... **CONDITIONING** is essential! You must practice, practice, practice every day. Veteran Great Walkers walk an average of 10 miles a day in the weeks and months before the Great Walk. Granted, a number of people have completed the walk without practicing --- but ask any one of them how they felt days, weeks, even months afterwards. **GET OUT AND PRACTICE.**

During practice sessions, and particularly during the Great Walk, set your own pace. Don't "compete against yourself" by walking faster or slower than you want to. Do your own thing. If you are with a group and they are too slow, wish them well and take off at your own pace. Conversely if they are too fast, maintain your pace and let them go. Don't worry about "keeping up" or "leaving them behind". Eventually, it's all a matter of survival ... you and making it.

Hills are the killers Inexperienced walkers will be surprised to learn that down-hill walking is much tougher than up-hill, particularly in the later stages of the walk. Your toes and your knees take a terrible beating. Digging in while impacting on your knee joints really causes great strain and discomfort. Take it easy going down hill! Your instincts may tell you to run down-hill. **DON'T!** Save your toes and knees....

FOOD, DRINK, AND OTHER GOODIES: Self control! Self control! Self Control! Over the years, many walkers have been defeated by over indulging in too much food or beverage. It's caused them to become violently ill. The best friend a walker has is clean water, or light, non-carbonated beverage. Don't eat or drink while you are walking. Stop at a check-point for refreshment. Try to time a "lunch-break" at "your" halfway point and eat lightly. We recommend that Walkers keep moving for a few minutes when they get to the finish line to allow their systems to "get back to normal". Too much rest too soon can cause problems. Get advice from experienced long distance walkers. It can make the difference.

Alcohol and Drugs are "self-destruct" buttons. It will blow you away don't do it !

Tahsis Lions Club Great Walk-Ultramarathon

June 2, 2012

Gold River “START” Guidelines

PLEASE MONITOR OUR WEBSITE FOR ALL UPDATES

www.greatwalk.com

Walkers SHOULD check in at the Royal Canadian Legion Hall, starting at **7:00pm** on Friday, June 1, 2012. Check with the Information Desk for any updates to the Great Walk procedure. Signs will be posted to direct you to the new ‘registration check in’ location.

To make the registration, parking, and transportation from town to the start point of the Great Walk much more efficient for the participants, we have implemented the following. Please refer to the Starting Line Map.

1. Pick up of the registration packages will commence at **7:00 PM** on Friday, June 1, 2012, at the **Royal Canadian Legion Hall, 405 Trumpeter Rd in Gold River**, (follow the signs at the entrance to town) and continue till 3:00 am Saturday morning, one hour before the walk begins. Confirmation of entry must be presented at entry desk. Participants are encouraged to check in and pick up their official registration package and turn in the lower portion of their pledge sheet as soon as they arrive in Gold River. This helps to prevent a last minute rush.

2. Vehicle parking at the #2 Gold River Bridge area is not allowed. The Antler Lake access road is available for tenting. The Rock Quarry is OFF LIMITS! Transportation will be available to the START LINE **only** from the Royal Canadian Legion Hall, 405 Trumpeter, in Gold River.

3. Campers are encouraged to use the available camping facilities at the Gold River Lions Campsite - the Village of Gold River currently has a NO-CAMPING-IN-TOWN bylaw.

4. The Gold River Main Logging Road south of the Tahsis Road and past the Upana Bridge will be reserved for support vehicles. Vehicles supporting runners and power walkers will be identified differently and asked to approach from the south using the Logging Main (#5 on the map). They must be through the Tahsis Road barricade before 3:30 am. They must then proceed to and park at a point past checkpoint #1. No parking will be permitted at any time between the start line and checkpoint #1. Support vehicles will be allowed on the road at times specified by the Gold River Rangers. The scheduled leaving times are 3:30am and 6:30am on June 2, 2012. Vehicles leaving at 3:30 must proceed passed to and park at a point past checkpoint #1. Vehicles leaving at 6:30am must follow and stay behind the bus up to checkpoint six. **Any support vehicle(s) passing the bus will cause the supported walker(s) to be disqualified from the Great Walk.** All Support vehicles must pre-pay a registration fee and obtain the “Support Vehicle” pass at the time of pickup of the Registration Package.

5. There will be no parking on the Tsaxana Road.

6. No Vehicles allowed at the Start Line!

7. The Great Walk will provide transportation from the Royal Canadian Legion Hall to the Start Line. **IT IS THE WALKER’S RESPONSIBILITY TO GET TO THE ROYAL CANADIAN LEGION HALL - BEFORE 3:00AM OR SOONER.**

8. Don't forget that all **pre-registered** support vehicles can only travel in one direction - towards Tahsis. Pace yourselves carefully so you don't out distance your walkers.

9. Runners / Power walkers please make sure your support vehicles carry extra water, as you might pass through a checkpoint before it is fully operational.

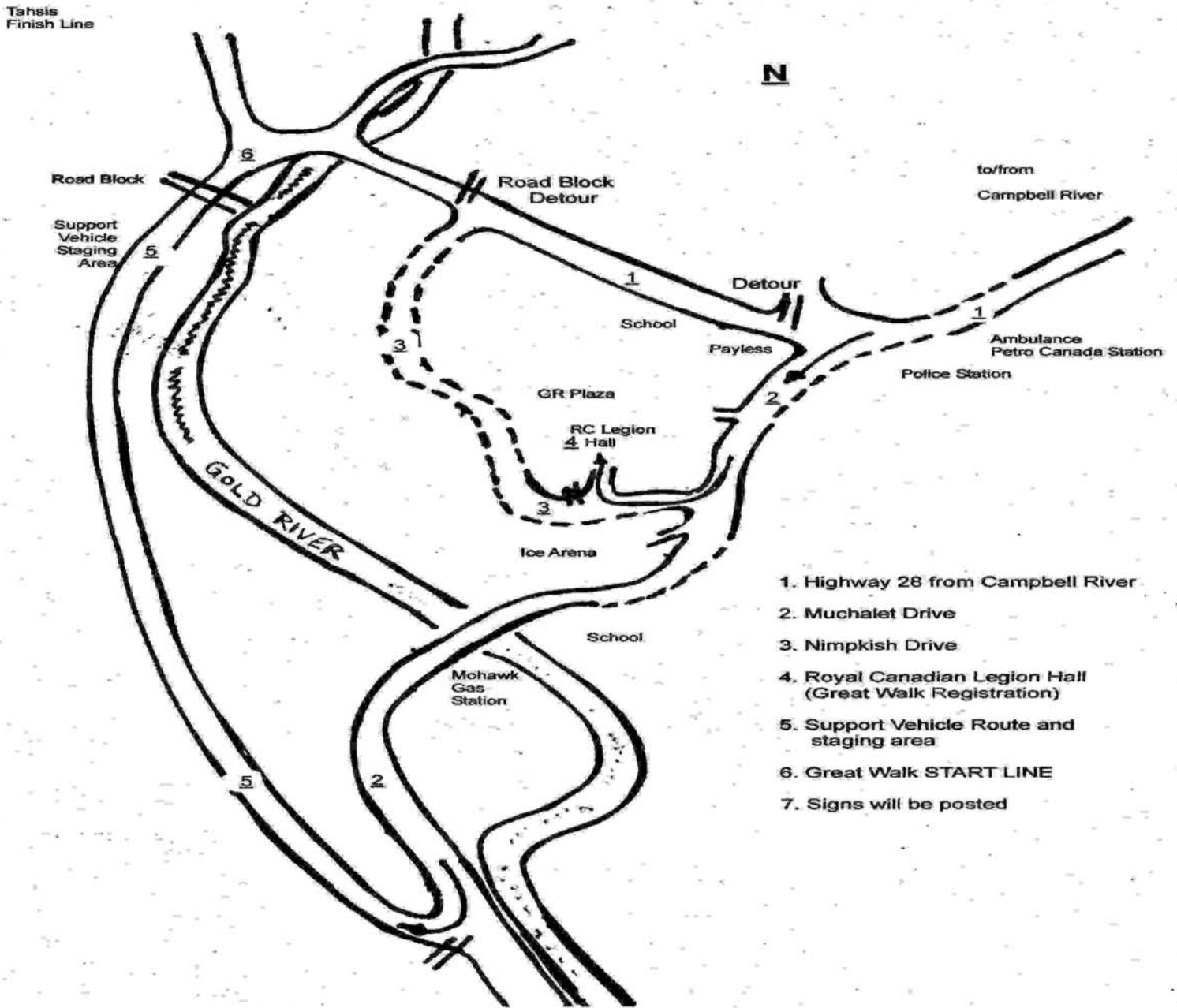
10. A vehicle will be made available at the Royal Canadian Legion Hall for the walker’s designated “WALKER- BAG” to be transported to the designated luggage-checkpoints or to the finish line. (*see below for description of the “WALKER-BAG”*). These items must be checked in **no later than 3:00AM**. The “WALKER-BAG is limited to **one medium-sized bag** per Registered Walker. This bag should not exceed 25lbs and should not be larger than 18”wide x 24”high x 12”deep. This bag is to be clearly labeled with the walker’s name, walker number and phone number. This “designated walker-bag” can then be transported to the designated luggage check points. We will transport this designated “walker-bag” from the start line to any designated luggage check point, from any designated luggage check point to another designated luggage check point, and to the finish line.

The “Designated Luggage Check Points are: **6, 9, and the Finish Line**. All other luggage, bags, or belongings can be transported to Check Point 6 or to the Finish Line. This is to minimize mass luggage confusion and congestion. We cannot be responsible for personal possessions - **please consider carefully what you ask others to carry.**

Tahsis Lions Club Great Walk-Ultramarathon

June 2, 2012

START LINE MAP



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Ladysmith BC
Phone 250 245 4876
Specializing in industrial construction,
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