



*Call
250.749.6742
for more info*

Lake to Lake

Walk, Marathon & Half Marathon

From Shawnigan Lake to Cowichan Lake, walk or run the full marathon (42.2 km) or half marathon (21.1 km) for the charity of your choice along the Cowichan Valley Trail, an established section of “The Great Trail,” built along a former rail bed. Featured highlights of the route: crossing historic rail bridges including the Kinsol Trestle, traversing rural Cowichan countryside and experiencing the lush, green canopy of the Cowichan River Provincial Park. Encouraging participants along the way will be volunteers at strategically located rest stops to provide food and beverage recharging, access to portable toilets, and basic medical attention as may be needed. The steady, gentle rising grade of the Cowichan Valley Trail from Shawnigan Lake to Cowichan Lake provides a rewarding near-wilderness challenge and experience.

Saturday, September 14, 2019

Full marathon starts at 8:00 a.m. sharp, Half marathon starts at 8:30 a.m. sharp | No late starts

Registration deadline Sept 1	Full	Half
Early Bird Registration Until July 1	\$55	\$35
Advanced Registration July 2 - Aug 1	\$70	\$50
Final Registration Aug 2 - Sept 1	\$85	\$60
Shuttle from Lake Cowichan to start site	\$10	N/A
Shuttle from ISC (Duncan) to start site	\$10	N/A
Shuttle from finish site to start site	\$10	N/A

Register online at: www.cvrd.bc.ca

For more information contact: Cowichan Lake Recreation at 250.749.6742

Visit: cvrd.bc.ca



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