

8th Annual JPPT (John Palmer Personal Training)

North Shore Lake Walk

Benefitting the
Geneva Lake Conservancy

When: Saturday, October 3rd

Where: West End Library Park

Time: Check-in: 8:15am -8:30am

Start: 8:30am (Right after group picture)

Donation: \$30 Walker; \$50 Supporter; \$100 Sponsor

Distances: 10.5 miles

Includes

- Route map and pace guide
- Aid stations with light snacks and drinks
- All personal gear transported to rest stops
- Light post walk meal & socializing

Description:

This fully supported event is designed to be a great day of exercise, accomplishment, and fun for people of all ages and abilities. Walkers will receive a route map and pace guide to keep them on track for the 10.5 mile walk. Fully stocked aid stations are setup roughly every 3 miles to maintain energy and motivation. Sag support transports personal gear to the various rest stops and provides aid if needed. This is a great opportunity to accomplish a goal, promote good health, enjoy the beauty of Geneva Lake, and support the Geneva Lake Conservancy all in one day.

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Name: _____ Email: _____

Address: _____ City _____

State: _____ Zip: _____ Phone: _____

Participants will be asked to sign a waiver at check-in.

Checks payable to: Geneva Lake Conservancy

PO Box 588 Fontana, WI 53125