



Lake to Lake Trail Run & Walk

Cowichan Lake Recreation

Tel: 250.749.6742 ext. 0

Email: clradmin@cvrd.bc.ca

First Name

Last Name

Address: _____
Street City/Town

Province

Postal Code

Email: _____ Phone: _____

What location(s) would you like to volunteer at?

- ☐ Start Site: West Shawingan Lake Provincial Park
- ☐ Park to Park Finish Site: Glenora Head Trails Park
- ☐ Lake to Lake Finish Site: Cowichan Lake Sports Arena
- ☐ Other

What times and how many hours can you commit to?

*Event runs approximately 7:00 a.m. - 4:00 p.m. (Lake to Lake)
& 7:30 a.m. - 1:00 p.m. (Park to Park)*

For any questions regarding volunteering please contact:

SUBMIT