

GREAT LAKE WALK



Saturday, September 15th, 2012

www.greatlakewalk.com



WILL YOU SUPPORT MY EFFORTS?

Andy Sibbald of Nanaimo will take part in the 2012 Great Lake Walk in support of The Columbian Centre Society. This is the third consecutive year Andy has undertaken this 56 km Walk for the Columbian Centre.

At age 45, **Andy Sibbald** was diagnosed with a number of mental health issues. Andy's professional career was adversely affected and he was granted long term disability. By combining forces with Columbian Centre, Andy is supporting people who have mental health issues that significantly impact their lives. Andy is the published author of the trilogy *Ishigaq*.

Through his participation in the Great Lake Walk (**56 km**), Andy has discovered an "avenue" to support the work of the Columbian Centre Society. The Great Lake Walk and Ultramarathon is a walk or run around beautiful Cowichan Lake on Vancouver Island, British Columbia. If you wish to walk with Andy and seek your own pledges, Andy would be pleased to walk with you.



PLEDGE FORM

Name: _____ Phone: _____

Mailing Address: _____

Email Address: _____

Pledge: _____ kms @ \$ _____ per km = \$ _____ Total Pledge

(Sample Pledge: **5 kms @ \$5.00 per km = \$25.00 Total**)

Paid: Yes ☐ No ☐

Tax Receipt available for donations of \$25.00 or more.

Please return this form with your cheque to:

Columbian Centre Society 2356 Rosstown Rd., Nanaimo, BC, V9T 1R7

Thank You For Your Support!

A handwritten signature in black ink, appearing to read "Andy Sibbald".

Andy Sibbald

