**Walk with a Doc 2019 Summer and Fall Schedule**

**Clark Fork Schedule -** walks will be repeated **every Monday and Thursday**. The walks start at the Clark Fork High School and then go to the track, golf course, parking lot or inside the gym – based on the weather.

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| Date | Time | Walk Leader | Location |
| 7/1– 11/25  **Mondays** | 12:15 pm | Heather Margaret, MD | Grass area behind Clark Fork High School |
| 7/4 – 11/28  **Thursdays** | 12:15 pm | Heather Margaret, MD | Grass area behind Clark Fork High School |

**Sandpoint Saturday Schedule –** walks are **1st and 3rd Saturday** of month – walks start at the cement bear statue near the parking lot for Sand Creek Trail and then will proceed down Sand Creek Trail

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| **Date** | **Time** | **Walk Leader** | **Location** |
| 6/1 | 8:00AM | Greg Pennock, MD | Sand Creek Trail |
| 6/15 | 8:00 am | Nanci Jenkins, MS, RDN, LD | Sand Creek Trail |
| 7/6 | 8:00 am | TBA | Sand Creek Trail |
| 7/20 | 8:00 am | Scott Dunn, MD | Sand Creek Trail |
| 8/3 | 8:00 am | Ronald Jenkins, MD | Sand Creek Trail |
| 8/17 | 8:00 am | Sam Morton, DPT, CSCS, USAW | Sand Creek Trail |
| 9/7 | 8:00 am | Ronald Jenkins, MD | Sand Creek Trail |
| 9/21 | 8:00 am | Sam Morton, DPT, CSCS, USAW | Sand Creek Trail |
| 10/5 | 8:00 am | Scott Dunn, MD | Sand Creek Trail |
| 10/19 | 8:00 am | Sam Morton, DPT, CSCS, USAW | Sand Creek Trail |
| 11/2 | 8:00 am | Ronald Jenkins, MD | Sand Creek Trail |
| 11/16 | 8:00 am | TBA | Sand Creek Trail |
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**Sandpoint Tuesday Schedule –** walks are **every** **Tuesday** of the month – walks start at the cement bear statue near the parking lot for Sand Creek Trail and then will proceed down Sand Creek Trail**. Tuesday walk locations subject to change. Call 208-263-5159 to check on location each month.**

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| **Dates** | **Time** | **Walk Leader** | **Location** |
| 7/2 – 11/ 26 | 5:30 pm | Jane Hoover, NP | Check BCCH Facebook for location |