



Cari's Lead FunMaster Series Schedule thru March 2012

REMAINING DATES IN JANUARY:

Tue Jan 24 5:45am – 7:00am
Mill Point Park - End of School St.,
between Wesco & Holiday Inn

Thu Jan 26 5:45am – 7:00am
Grand Haven State Park -
parallel park in front, along Harbor Dr.

Sat Jan 28 10:30am – 12:00pm
FREE SNOWSHOE EVENT
Eastmanville Farm Ottawa County Park

Sun Jan 29 8:00am – 9:15am
Kitchel-Lindquist Dune Preserve -
Berwyk St. off Northshore Dr (almost to North
Shore Marina, thru Ferrysburg)

Mon Jan 30 6:30pm – 8:30pm
CASTING CALL:
The Lakeshore SlimDown Challenge :
8 weeks with FitGirlCari... on TV!
Presented by Muskegon Community College,
EcoTrek Fitness & Meijer - Anytime Fitness,
1027 S. Beacon Blvd, Grand Haven

Tue Jan 31 5:45am – 7:00am
Chinook Pier - park under the farmer's
market canopies - 301 N Harbor Dr

Thu Feb 2 5:45am – 7:00am
Ferry Park - carpool lot across from
Mobil Station at US31 & M104

Sun Feb 5 8:00am – 9:15am
Rosy Mound Dune Preserve -
13925 Lakeshore Drive, Grand Haven
(no sticker needed in February)

Tue Feb 7 5:45am – 7:00am
Pomona Park (FULL MOON!)
meet in the lot just west of the library on
Park St., Fruitport; corner of Third & Park St.

Thu Feb 9 5:45am – 7:00am
Spring Lake Central Park -
use entrance next to ACE on Savidge

Sun Feb 12 8:00am – 9:15am
Duncan Woods Park -
on Sheldon just north of Taylor St.

Tue Feb 14 5:45am – 7:00am
HAPPY VALENTINE'S DAY
Harbor Island - Coho Dr. west of US31,
park by soccer fields

Tue Feb 14 8:00pm – 8:30pm
WATCH: >>> 1 of 8
The Lakeshore SlimDown Challenge :
8 weeks with FitGirlCari... on MCCTV!
Presented by Muskegon Community College,
EcoTrek Fitness & Meijer - Charter channel
994; Comcast channel 902; podcasts search
FitGirlCari at vimeo.com

Thu Feb 16 5:45am – 7:00am
Mill Point Park - End of School St.,
between Wesco & Holiday Inn

Sun Feb 19 8:00am – 9:15am
Lake Harbor Dunes
(north of Maranatha on Lake Harbor Dr.)

Tue Feb 21 5:45am – 7:00am
Mulligan's Hollow - park in the lot next to Imag-
ination Station playground

Tue Feb 21 8:00pm – 8:30pm
WATCH: >>> 2 of 8
The Lakeshore SlimDown Challenge :
8 weeks with FitGirlCari... on MCCTV!
Presented by Muskegon Community
College, EcoTrek Fitness & Meijer - Charter
channel 994; Comcast channel 902; podcasts
search FitGirlCari at vimeo.com

Thu Feb 23 5:45am – 7:00am
North Bank Trail (meet at Spring Lake
Orchard Market, 17026 Lloyd's Bayou Dr.)

Sun Feb 26 8:00am – 9:15am
Coast Guard Park - 18161 North Shore Drive

Tue Feb 28 5:45am – 7:00am
Grand Haven High School -
park in southernmost lot near entrance -
17001 Ferris Street

Tue Feb 28 8:00pm – 8:30pm
WATCH: >>> 3 of 8
The Lakeshore SlimDown Challenge :
8 weeks with FitGirlCari... on MCCTV!
Presented by Muskegon Community
College, EcoTrek Fitness & Meijer - Charter
channel 994; Comcast channel 902; podcasts
search FitGirlCari at vimeo.com

Thu Mar 1 5:45am – 7:00am
Spring Lake High School - park by the tennis

Sun Mar 4 8:00am – 9:15am
Mulligan's Hollow - park in the lot next to
Imagination Station playground

Tue Mar 6 5:45am – 7:00am
***FREE* session for everyone:**
Celebrating Cari's Annual 40th Birthday!
Coast Guard Park - 18161 North Shore Drive

Tue Mar 6 >>> 4 of 8 8:00pm – 8:30pm
WATCH: The Lakeshore SlimDown Challenge :
8 weeks with FitGirlCari... on MCCTV!
Presented by Muskegon Community College,
EcoTrek Fitness & Meijer - Charter channel
994; Comcast channel 902

Thu Mar 8 5:45am – 7:00am
Chinook Pier - park under the farmer's market
canopies - 301 N Harbor Dr

Thu Mar 8 6:00pm – 7:00pm
EcoTrek & Gazelle Sports present
LOLE EVENT ~ stay tuned for details!
(3930 28th St SE, Grand Rapids)

Sun Mar 11 8:00am – 9:15am
Kitchel-Lindquist Dune Preserve
("spring" your clocks forward Saturday night!)
- Berwyk St. off Northshore Dr (almost to
North Shore Marina, thru Ferrysburg)

Tue Mar 13 5:45am – 7:00am
Grand Haven Central Park -
Meet in the parking lot on the northeast corner
of 5th St. & Columbus

Tue Mar 13 8:00pm – 8:30pm
WATCH: >>> 5 of 8
The Lakeshore SlimDown Challenge :
8 weeks with FitGirlCari... on MCCTV!
Presented by Muskegon Community College,
EcoTrek Fitness & Meijer - Charter channel
994; Comcast channel 902; podcasts search
FitGirlCari at vimeo.com

Thu Mar 15 5:45am – 7:00am
Rosy Mound Elementary School - park in the
south lot - 14016 Lakeshore Dr Grand Haven

Sat Mar 17 9:00am – 10:00am
IRISH JIG 5K ~ not an EcoTrek event, but a
bazillion EcoTrekks will be there! Join us!

Sun Mar 18 8:00am – 9:15am
*****BLACK SUNDAY*****
Hofma Preserve - end of Sleeper St.
(NOT the Ferris St. entrance)
wear all-black and you pay just \$1.00!
(in honor of the Black Keys concert this evening!)

Tue Mar 20 5:45am – 7:00am
HAPPY 1st DAY OF SPRING
Spring Lake Central Park -
use entrance next to ACE on Savidge

Tue Mar 20 8:00pm – 8:30pm
WATCH: >>> 6 of 8
The Lakeshore SlimDown Challenge :
weeks with FitGirlCari... on MCCTV!
Presented by Muskegon Community
College, EcoTrek Fitness & Meijer - Charter
channel 994; Comcast channel 902; podcasts
search FitGirlCari at vimeo.com

Thu Mar 22 5:45am – 7:00am
Grand Haven State Park -
parallel park in front, along Harbor Dr.

Sun Mar 25 8:00am – 9:15am
Hoffmaster State Park - BEACH parking lot
(1st lot to the right inside entrance)

Tue Mar 27 5:45am – 7:00am
Ferry Park - carpool lot across from Mobil
Station at US31 & M104

Tue Mar 27 8:00pm – 8:30pm
WATCH: >>> 7 of 8
The Lakeshore SlimDown Challenge :
8 weeks with FitGirlCari... on MCCTV!
Presented by Muskegon Community College,
EcoTrek Fitness & Meijer - Charter channel
994; Comcast channel 902; podcasts search
FitGirlCari at vimeo.com

Thu Mar 29 5:45am – 7:00am
Petty's Bayou - Just north of Spring Lake
Country Club, just before the bridge going
over Petty's - park in the boat launch lot

Tue Apr 3 8:00pm – 8:30pm
FINAL EPISODE! >>> 8 of 8
WATCH: The Lakeshore SlimDown Challenge :
8 weeks with FitGirlCari... on MCCTV! Pre-
sented by Muskegon Community College,
EcoTrek Fitness & Meijer - Charter channel
994; Comcast channel 902; podcasts search
FitGirlCari at vimeo.com