SEMI-ANNUAL SCHEDULE
OF THE
CLEVELAND HIKING CLUB
January-June, 1920

"An Organization to Promote Walking
for Health and Recreation"

We walk for our pleasure and also for health,
And if these be of value we surely gain wealth,
Such treasures as these are hidden from none—
Without limitation they're free to each one,
They're free to each person without any price,
Except enough effort to give them a spice;
So come out for a "HIKE" with the C. H. C.
And always thereafter a "HIKER" you'll be.

THESE HIKES ARE CONDUCTED
FOR THE BENEFIT OF THE PEOPLE
ALL WELCOME

COPIES OF THESE SCHEDULES MAY BE OBTAINED
FREE AT THE PUBLIC LIBRARIES.
THE CLEVELAND HIKING CLUB
Frank A. Gage, President
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Wm. S. Fawcett Miss Jessie LeFevre
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Patrick Malone

The object of this club is to promote interest in walking by organized and systematic efforts. The schedule herein will be carried out regardless of weather and anyone who reads this is invited to come with the club members on the walks. The club also holds social events and will arrange additional outings in warm weather.

WALKING

Walking is the best form of exercise known; but to obtain the greatest benefits we must learn to walk properly. The slow, haphazard, often slouchy gait of the ordinary citizen is not walking, it is a poor imitation that gets him nowhere and is of little or no value as a health builder.

How different the walk of the practiced pedestrian gliding along with long, even stride, head erect, chest expanded and arms swinging freely in perfect rhythm to each thrust of the opposite leg.

Covering distances with little effort that to the average person would be quite impossible and at a gait that surprises the casual observer, he finds his walking a pleasure, second to none.

He visits places of interest impossible to reach by trolley or train, traverses roads through the most beautiful scenery, climbs up hills and down dales and roams through fields and woods inaccessible to the automobilist and the cyclist.

In addition he fills his lungs with pure invigorating air, sends his blood pulsing through his veins, carrying fresh life and vitality to every part of his body.

Health, without which all the pleasures and rewards of life fade to insignificance, comes in greatest measure to him who gets close to nature, takes his full share of her free air and sunshine, and feasts his sight on her beauties.

He will be a stranger to doctors. Drugs will be unknown in his scheme of life.

In short, he will be a better man, physically, mentally and morally than his less active brother.

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THE MILEAGE CONTEST

Complete mileage records will be kept by the route committee of all who attend the walks listed in this schedule and awards of several prizes, pins and medals will be made to the men and women members with the highest totals.

Mileage given for each walk will be the distance actually covered, except that any member discontinuing the walk before the end will be given mileage only to the last checking point as determined by the route committee.

Mileage will be credited from date on which application for membership is received.

Members should see that they are registered on each walk. Registration is in charge of the chairman of the Route Committee and the pathfinder.

SATURDAY WALKS

Walks will be held on Saturday afternoons as determined by the route committee. These walks will be largely of the nature of scouting parties and will not usually follow as definite a route as the Sunday walks. They will not count in mileage contest.

Announcement of these walks will be made from week to week in daily papers and at libraries.

INFORMATION WANTED

Anyone who knows of interesting places or routes or of historical or legendary interest connected with them is requested to communicate with the route committee. Chairman, William S. Fawcett, 1436 Lakeview Rd., Garfield 8456-W. Pathfinder J. H. Lobaugh, 1473 Lakeland Ave., Mariol 4435-R.

THE BAILEY CO.

has offered a valuable prize to be competed for in our mileage contest.
SCHEDULE OF WALKS

January 4—12:30 p. m.—Eddy Road and Euclid Avenue to Gordon Park to Hanna Monument, University Circle—6 miles.
2:30 p. m.—Hanna Monument, University Circle. Old Indian trail up Doan Creek to Shaker Lakes and return—8 miles.

January 11—8:45 a. m.—West 25th Street car barns, Brooklyn. State Road car to end of line. To North Royalton, return by Ridge Road—14 miles.
2:30 p. m.—Superior shelter house, northeast corner of square. Educational walk to ore docks, harbor and water works—4 miles.

January 18—9:30 a. m.—Denison entrance to Brookside Park. Follow Big Creek valley to Parma, return by Pearl road—12 miles.
2:50 p. m.—Denison entrance to Brookside Park. Through park, along Big Creek and return—6 miles.

January 25—Superior shelter house, northeast corner of square, 9:45 a. m. and 1:45 p. m.—Mystery walks.

February 1—10 a. m.—Gates Mill car to Stop 18. To Euclid Village, to East Cleveland “Y”—11 miles.
2:30 p. m.—East Cleveland “Y” to Euclid Village; up Euclid Creek and return—7 miles.

February 8—10 a. m.—Entrance to Edgewater Park. To Rocky River, Wooster road to Lorain road, return to bridge by Riverside road—12 miles.
2:30 p. m.—Entrance to Edgewater Park. Shore drives and Lake avenue to Rocky River bridge—5 miles.

February 15—Superior shelter house, northeast corner of square, 9:45 a. m. and 1:45 p. m.—Mystery walks.

February 22—10 a. m.—University Circle to vicinity of Upper Shaker Lakes and return by way of Lee and Superior roads—15 miles.
2:30 p. m.—Euclid and Superior. Through Forest Hill Park—5 miles.

February 29—Superior shelter house, northeast corner of square, 9:45 a. m. and 1:45 p. m.—Leap Year Mystery walks.

March 7—10 a. m.—Elyria car from square. Stop 24, Columbia road to Olmstead Falls to Berea to Kamms—12 miles.
2:30 p. m.—Rocky River bridge to Kamms by Riverside road and Lorain avenue to W. 117th street—5 miles.

March 14—9:45 a. m.—Interurban station, red lines. All day educational walk to see maple sugar making.

March 21—9 a. m.—Miles avenue and Broadway to Canal road to Tinkers Creek, return by Fisher road—14 miles.
2:30 p. m.—Miles avenue and Broadway to Garfield Park, through park—6 miles.

March 28—Superior shelter house, northeast corner square, 9 a. m. and 1:45 p. m.—Educational walks.
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SCHEDULE OF WALKS—Continued

April 4—8 a.m.—E. 49th and Fleet streets (E. 55th through car.)
   To Willow, follow towpath to Brecksville, return to Willow
   by road—18 miles.

2:30 p.m.—E. 49th and Fleet streets (E. 55th through car.) To
   Willow, to Rockside road, to State road car line.

April 11—8:45 a.m. and 1:45 p.m.—Superior shelter house, north-
   east corner of square—Mystery walks.

April 18—8:30 a.m.—E. Cleveland “Y” to Wilson’s Mill—10 miles.
   1 p.m.—Gates Mill car to Gates Mill. Follow river to Willough-
   by—10 miles.

April 25—8 a.m.—West 25th street car barns. To Strongsville to
   Berea—14 miles.
   1:45 p.m.—Green line limited from square to Berea. Educa-
   tional walk to inspect geological formations—5 miles.

May 2—8 a.m.—Broadway and East 71st street. Take Brecks-
   ville bus to Independence. To Brecksville to Chaffee to
   Brandywine Falls—12 miles.
   2 p.m.—Akron local to Macedonia. To Brandywine Falls to
   Boston Village, return to car line—9 miles.

May 9—7:45 a.m. and 1:45 p.m.—Superior shelter house, north-
   east corner of square—Mystery walks.

May 16—8 a.m.—Painesville car to Willoughby. To Kirtland, to
   Chesterland Caves—11 miles.
   2 p.m.—Gates Mill car to Chesterland Caves. Walk around caves
   and back to Gates Mill—5 miles.

May 23—9 a.m.—Painesville car to Willoughby. To Stebbins Gully,
   to Little Mountain, return to car line at Stop 66. All-day
   walk—16 miles.

May 30—8:15 a.m.—End of Broadway car line. Randall dinkey to
   Randall. To Bedford to Macedonia—12 miles.
   1:00 p.m.—Akron local to Macedonia. To Northfield to Chaffee
   and up Chippewa Creek to Brecksville—7 miles

June 6—8:30 a.m.—Bedford car to Bedford. To Solon to Squaw
   Rock to Chagrin Falls—9 miles.
   2 p.m.—Chagrin Falls car to Chagrin Falls. Follow Chagrin
   River to Gates Mill—7 miles.

June 13—9 a.m.—Warner road and Garfield Boulevard. South to
   Rockside road and west to Puritas Springs—14 miles.
   2 p.m.—Puritas Springs car from W 98th and Lorain. Follow
   Rocky River to Detroit avenue bridge—7 miles.

June 20—9 a.m.—Lee and Mayfield roads. Follow Lee road to
   Broadway to Bedford—10 miles.
   2 p.m.—Akron local to Bedford. Egbert road to Dunham road
   and up Tinkers Creek to Bedford Glens—6 miles.

June 27—9 a.m.—Painesville car to Lane station (east of Paines-
   ville). To Indian Point along Grand River and north to
   Perry. All-day trip—12 miles.
THE HIKER AND THE LIBRARY.

And what can the hiker find in the Public Library?
In the first place, maps, especially the "topographic" quadrangles issued by the government. While these are not for lending, they are useful for reference in half a dozen ways.

Then there are interesting articles and books on Indian trails, geological features, historic buildings, and other things which are objectives for many of the hikes or add to the passing interest of the landscape.

For cross country work the books on woodcraft and camping offer practical hints on finding one's way, first aid, outdoor cookery, and so on. Some books which deal with this sort of thing are Thompson's Book of Woodcraft, Pinkerton's Woodcraft for women, and Kephart's Woodcraft. Then there is the Boy Scouts' Hike Book by Cave, which has good stuff in it for boys and for graduate hikers.

And for the hiker who is curious about trees and birds and flowers and the like, there are any number of popularly written books with colored pictures. Some of these which are a handy size to slip in the pocket are Collins and Preston's Key to the Trees, Miss Keeler's Our Early Wild Flowers and Mathew's Field Book of Wild Birds and their Music.

And when not exploring by field and road the good hiker can send his (or, of course, her) mind a-ranging by cozy lamp-light along untrodden trails laid out in many a book of travel and far adventure. In books he can follow that indomitable prince of hikers, Harry Franck, or let his fancy go free in yarns of the breezy open.

But enough! The wise hiker already understands that the Public Library at 1375 Euclid Avenue, (and all its branches) offers him a warm welcome.

ADVICE ON WALKING

Walk upright, shoulders back, chest expanded; allow arms to swing freely, step out with a snap, walk with the hips, not with the knees; a few long, easy strides will carry one farther, with less effort, than many short, slouchy steps.

Wear shoes with lightweight tops but heavy soles and low heels. Heavy stockings or socks, part wool and part cotton, are generally found to be the best, while a flannel shirt is found desirable.

Don't dress too warm.
Don't walk too fast or too far at first.
Don't lean forward, walk upright.
Don't wear new shoes on long walks.
Don't drink too much in warm weather.
Don't stop walking suddenly when over heated.
Don't wear pointed toed shoes or high heels.

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