

Junior Ironman August 3-7
Ages 9-13, Maximum 12

Sunday, August 3	1:00pm	Meet at the 4-H Conference Center for registration, packing, etc.
	2:00pm	Challenge Course, 4-H Center
	5:00pm	Set up Camp at Thwaite Shelter, 4-H Center
Monday, August 4	9:00am	Canoeing on Shenandoah River with Shenandoah River Outfitters, Luray, VA.
	3:00pm	Leave River, head to Hone Quarry Campground Dayton, VA
Tuesday, August 5	10:00am	Caving at Glade Cave Bridgewater, VA.
Wednesday, Aug. 6	8:00am	Leave for Front Royal, VA.
	10:00am	Tubing on Shenandoah River Shenandoah River Outfitters, Luray, VA.
	7:00pm	Pizza and Pool Party at 4-H Center Pool, campout at Thwaite Shelter
Thursday, August 7	10:00am	Participants can be picked up at the 4-H Conference Center

Wilderness Trip Coordinators: