

Where Good Men *Gather*

A men's community built around adventure, real friendship, and figuring out what the second half is actually for.

You've built a good life. You're successful. You're showing up. But the real friendships have quietly faded, the adventures stopped, the hobbies got shelved — and nobody has a plan for the next chapter.

Table & Trail is where men in Charlotte change that.

"The men who don't do anything about this don't end up fine. They end up alone."

THE TRAIL

Every man starts somewhere. The trail meets you there.

You don't have to start at the deepest end. You just have to start. No man is pushed further than he's ready to go.

1 The Trailhead — Events

Baseball games, trail walks, breakfasts, happy hours. Free or low cost. No membership, no commitment, no intake form. Show up, meet good men. This is where it all starts.

2 The Open Table

A monthly hosted gathering open to any man. A real question, a real conversation, men who show up honestly. Come once or come every month. No commitment required.

3 The Turn — Six Weeks · Eight Men · The Flagship

Six consecutive weeks. Eight men. One question underneath all of it: what does a great second half actually look like — and how do you build it starting now?

Week 1: Who Are You Now? · Week 2: Doing Hard Things · Week 3: The Friendship Problem · Week 4: Reclaim Your Hobbies · Week 5: Build Your Brotherhood · Week 6: Your Second Half Blueprint

4 The Table

The ongoing monthly home for men who've been through The Turn. The same men, month after month, building real trust over time. This is where brotherhood actually gets built.

5

The Summit

One-on-one sessions with Mike for the man ready to do specific personal work — career, identity, marriage, retirement. The deepest level of the trail.

PROGRAMS & FOUNDRING RATES

Built for men who want more than fine.

These are founding rates — available to the men who say yes before Table & Trail goes public in May 2026.

PROGRAM	WHAT IT IS	FOUNDING RATE
The Turn	Six consecutive weeks · Eight men · 90 min/session	\$499
The Table	Ongoing monthly closed group · Two sessions/month · 90 min each	\$99/mo
The Summit	One-on-one sessions with Mike · Private · At your pace	\$100/session
Retirement Transition	Six-session cohort · Identity, purpose, and the next chapter · Launching July 2026	\$600 founding

SPRING 2026

The Trailhead is open. Start anywhere.

Every event is free or low cost. No pitch, no agenda. Just good men doing things worth doing.

APR

10

Friday Breakfast

8:30am · South Charlotte

RECURRING

APR

Apr 17–
May 22**SouthPark After 5 — Six Thursdays**

5–9pm · Symphony Park · Free · Food trucks + live music

6 WEEKS

APR

23

Charlotte Knights Baseball

Truist Field, Uptown · The founding night. The trail begins here.

FIRST EVENT

MAY

9

Charlotte FC — Couples Night

Bank of America Stadium · Bring your partner

CONFIRMED

MAY

17

Morning Trail Walk

8:00am · Charlotte Greenways

CONFIRMED

THE GUIDE

Mike Schneiderman

Most men in the second half are not struggling because something went wrong. The friendships just got thin. The next chapter is not clear. The calendar is full and something is still missing — and nobody has a good name for that feeling.

Mike has been there. When his kids left for college, his own friendships had quietly become once or twice a year. He remembered what they used to be — and decided that did not have to be the ending.

He started a dinner group. A handful of men, a real table, honest conversation. What happened in that

CREDENTIALS

Certified Executive Coach

Emory University

25 Years

Organizational leadership & team development

RLT Training

Terry Real's Relational Life Institute · completing this year

room convinced him there was something worth building.

Table & Trail is that something.

Imagine your life a year from now. You have a handful of men who actually know you. You have something you look forward to every week. You know what the next chapter is for — and you're building it on purpose.

The men who don't do anything about this don't end up fine. They end up alone. The trail starts April 23.

Come to the first event

Charlotte Knights Baseball · April 23 · Truist Field, Uptown Charlotte. No agenda. No pitch. Just good men at a ballgame.

April 23, 2026

Truist Field · Charlotte, NC

tableandtrail.org

Can't make April 23?

Get on the list for upcoming events and the next Open Table. tableandtrail.org/connect

Ready to talk about The Turn?

Reach Mike directly. mike@tableandtrail.org