

2017

CAIRN STONE TRAINING HIKES SCHEDULE

Revised 25 MAY 2017I

2017 DATE	DAY	TIME	COURSE/TRIP (Meeting Location)	Lecture Topic (Comments)	MAXIMUM DIST	HOF
JAN 1	SUN	11:30AM	ROADRUNNER TRAILS** (St. Paul's, Dowagiac, MI)	No Lecture - 37 th Annual Aloha Run/Walk	7	2:20
JAN 7	SAT	10:00AM	LAKEFRONT (Livery, Benton Harbor, MI)	Grand Canyon info session (hike at 11:00AM)	8	2:40
JAN 21	SAT	8:00AM	RIVERFRONT PARK (Niles, MI YMCA)	HOF, Equipment, Hiking Techniques	8	2:40
FEB 4	SAT	10:00AM	LOVE CREEK TRAILS (Berrien Center, MI)	HOF, Loading your day pack & Trekking Poles	10	3:20
FEB 18	SAT	10:00AM	NATIONAL LAKESHORE (Chesterton, IN)	No Lecture	11	3:40
MAR 4	SAT	9:00AM	GRAND MERE PARK (Stevensville, MI)	Stretching Techniques, Emergency Weather Procedures	12	4:00
MAR 18	SAT	8:00AM	LAWLESS PARK TRAILS (Vandalia, MI)	Core Strength & Body Fat	13	4:20
APR 1	SAT	8:00AM	SWISS VALLEY (Jones, MI)	Fuel for the Canyon & Strength Training	14	4:40
APR 15	SAT	8:00AM	POTATO CREEK (South Bend, IN)	HOF	15	5:00
APR 29	SAT	8:00AM	BIG ROCK VALLEY (Cassopolis, MI)	Hike choices in Grand Canyon	16	5:20
MAY 13	SAT	8:00AM	ROADRUNNER TRAILS (Elks Club, Dowagiac, MI)	Mental imagery	17	5:40
MAY 19-21		11:30AM	HOLY TOLEDO usa (Departs from SMC Niles campus)	Terrific Trekkin' Trip	N/A	N/A
MAY 27	SAT	8:00AM	TREE-MENDUS FRUIT (Indian Lake, MI)	Strategies for Grand Canyon	18	6:00
JUN 10	SAT	9:00AM	DEVIL'S LAKE* (Madison, WI)	TEST HIKE (No Lecture) SEE NOTES BELOW	19	6:20
JUN 17	SAT	8:00AM	LAWLESS PARK TRAILS (Vandalia, MI)	Training for the Notre Dame Pilgrim Trekkers	13.1	M/A
JUN 24	SAT	8:00AM	NILES RIVERFRONT (Plym Park)	Pilates and Yoga in the Canyon	20	6:40
JUL 9	SUN	9:00AM	KAL HAVEN TRAIL (South Haven, MI)	Training	22	7:20
JUL 22	SAT	8:00AM	LOVE CREEK TRAILS (Berrien Center, MI)	Grand Canyon Orientation	23	7:40
AUG 5	SAT	8:00AM	RUSS FOREST PARK (Volinia, MI)	Map Reading Test	24	8:00
AUG 11-14		TBA	UP NORTH TRIP	Optional Bus 4 Day Weekend Hiking Fun Trip	12	N/A
AUG 19	SAT	8:00AM	ROADRUNNER TRAILS (Elks Club, Dowagiac, MI)	TBA	25	8:20
SEP 4	MON	TBA	SAUGATUCK PICNIC-MT. BALDY** (Mt. Baldhead Park)	Optional Hikes & Picnic (No lecture)	12	4:00
SEP 10	SUN	8:00AM	MANISTEE RIVER TRAIL* (Cadillac, MI)	TEST HIKE (No lecture) SEE NOTES BELOW	26.3	8:50
SEP 23	SAT	TBA	LEAVE FOR GRAND CANYON XI TRIP 1	DO IT!		
OCT 2	MON	TBA	LEAVE FOR GRAND CANYON XI TRIP 2	DO IT!		
OCT 14	SAT	9:00AM	SANDHILL CRANE HALF MARATHON** (Lawless Park, Vandalia, MI)	Optional All Trail Half Marathon/10k/5k	N/A	N/A
OCT 22	SUN	2:00PM	HIKE FOR HAITI** (Lemon Creek Winery, Berrien Springs, MI)	FUN HIKE (No lecture)		

TBA = To Be Announced MAX DIST = Maximum Length of Training Hike in miles HOF = Hours On Feet

* **Mandatory** (Qualification for below rim hikers)

** **Optional** (Additional training opportunities)

NOTES: 1) **Schedule subject to change:** Always use the current schedule (see date at top) **Revised Schedules;** on the web site, emailed & announced at the lectures.

2) **Questions, Updates or Information:** 1st read your newsletters & then contact:

Coach Gunn at 574-215-4779 / Ron@CairnStoneTours.com Or Thom at 269-462-0683 / Thom@CairnStoneTours.com

Online CairnStoneAdventureTours.com [TIP: Google search *Coach Gunn* or *Adventure Hikes* or *Gunn Hikes* for a quick link to our web site]

5) You are urged to explore and become familiar with the web site. It is a major resource for you. training sessions will always include **shorter distances** than the MAX distance.

6) Lectures will start promptly at the indicated time. Hike will usually start 30 min. later. All

7) The MAX DIST listed is for extreme hike candidates. 8) Mark your calendars.