

Revised 5/1/18

# CAIRN STONE HIKE TRAINING SCHEDULE



NOTE: Revisions since last release will be- **BOLD & RED**

DATE	TIME	COURSE/TRIP (Meeting Location)	Lecture Topic (Comments)	MAXIMUM MILES	HOF
JAN 1, MON	10:30AM	ROADRUNNER TRAILS** (St. Paul's, Dowagiac, MI)	No Lecture - <b>38<sup>th</sup> Annual Aloha Run/Walk</b>	7.0	2:20
JAN 6, SAT	9:00AM	RIVERFRONT PARK (Front St. Pizza, Niles, MI)	New Zealand, Equipment	8.0	2:40
JAN 20, SAT	9:00AM	SISTER LAKES, MI (The Strand)	HOF Training & Loading your day pack	9.0	3:00
FEB 3, SAT	10:00AM	LOVE CREEK TRAILS (Berrien Center, MI)	HOF, & Trekking Poles	10.0	3:20
FEB 17, SAT	9:30AM	LAKE LAGRANGE (Cassopolis, MI)	HOF, Trekking Poles, Body Fat	11.4	3:48
MAR 3, SAT	9:00AM	LAWLESS PARK TRAILS (Vandalia, MI)	Core Strength & Body Fat	12.0	4:00
MAR 17, SAT	9:00AM	GRAND MERE PARK (Stevensville, MI)	Stretching Techniques, Emergency Weather Procedures	13.0	4:20
MAR 31, SAT	8:00AM	SWISS VALLEY (Jones, MI)	Fuel for the Backcountry & Strength Training	14.0	4:40
APR 7, SAT	9:00AM	<b>AMANDA'S HIKE</b> (Dowagiac Elks)	Mission Trip Fund Raiser bonus hike	2, 4, 8	
APR 14, SAT	8:00AM	BIG ROCK VALLEY (Cassopolis, MI)	Hike choices in New Zealand	15.0	5:00
APR 28, SAT	8:00AM	POTATO CREEK (South Bend, IN)	HOF	16.0	5:20
MAY 12, SAT	10:00AM	NATIONAL LAKESHORE (Chesterton, IN)	No Lecture [NOTE TIME ZONE IS CST]	17.0	5:40
MAY 26, SAT	8:00AM	TREE-MENDUS FRUIT (Indian Lake, MI)	Strategies for New Zealand	18.0	6:00
JUN 10, SUN	9:00AM	<b>JORDAN RIVER VALLEY*</b> (Bellaire, MI)	<b>TEST HIKE</b> (No Lecture) SEE NOTES BELOW	18.0	6:00
JUN 23, SAT	8:00AM	ROADRUNNER TRAILS (Elks Club, Dowagiac, MI)	Mental imagery	19.0	6:20
JUL 7, SAT	8:00AM	NILES RIVERFRONT (Plym Park)	Pilates and Yoga in New Zealand	20.0	6:40
JUL 21, SAT	8:00AM	LOVE CREEK TRAILS (Berrien Center, MI)	New Zealand Slide Show	16.0	5:20
AUG 4, SAT	8:00AM	RUSS FOREST PARK (Volinia, MI)	Map Reading Test	18.0	6:00
AUG 18, SAT	8:00AM	ROADRUNNER TRAILS (Elks Club, Dowagiac, MI)	New Zealand orientation	20.0	6:40
SEP 3, MON	TBA	<b>SAUGATUCK HIKE &amp; PICNIC**</b> (Mt. Baldhead Park)	<b>OPTIONAL Hikes &amp; Picnic</b>	12.0	4:00
SEP 7-11	(F-Tu)	<b>UP NORTH TRIP**</b>	<b>OPTIONAL 5 Day Bus Trip - Pure Michigan</b>		
SEP 22, SAT	8:00AM	EAST RACE (South Bend, IN)	HOF Training	20.0	6:40
SEP 30-OCT 4	(Su-Th)	<b>MYSTERY TRIP</b> (Departs from SMC Niles, MI)	<b>OPTIONAL MIDWEST TRIP You Will Never Forget!</b>		
OCT 7, SUN	10:00AM	FORT CUSTER TRAILS (Battle Creek, MI)	No Lecture	18.0	6:00
OCT 13, SAT	9:00AM	<b>SANDHILL CRANE**</b> (Lawless Park, Vandalia, MI)	<b>OPTIONAL RUN/WALK All Trail</b>	13.1, 6.2, or 3.1 miles	
OCT 20, SAT	8:00AM	TREE-MENDUS FRUIT (Indian Lake, MI)	HOF Training & New Zealand hikes	20.0	6:40
OCT 28, SUN	2:00PM	<b>HIKE FOR HAITI**</b> (Lemon Creek Winery, B. S., MI)	<b>OPTIONAL HIKE</b> Through Vineyards & Orchards		
NOV 3, SAT	8:00AM	SWISS VALLEY (Jones, MI)	TBA	16.0	5:20
NOV 17, SAT	9:00AM	NATIONAL LAKESHORE (Chesterton, IN)	New Zealand orientation [NOTE TIME ZONE IS CST]	18.0	6:00
DEC 1, SAT	8:00AM	LAWLESS PARK TRAILS (Vandalia, MI)	HOF Training	20.0	6:40
DEC 15, SAT	9:00AM	PUMPKINVINE TRAIL (Goshen, IN)	No Lecture	21.0	7:00
DEC 29, SAT	9:00AM	POTATO CREEK (South Bend, IN)	No Lecture	22.0	7:20
JAN 1, TUE	10:30AM	ROADRUNNER TRAILS** (St. Paul's, Dowagiac, MI)	No Lecture - <b>39<sup>th</sup> Annual Aloha Run/Walk</b>	7.0	2:20
JAN 12, SAT	8:00AM	EAST RACE (South Bend, IN)	No Lecture	23.0	7:40
JAN 26, SAT	8:30AM	<b>MANISTEE*</b> (Cadillac, MI)	<b>TEST HIKE</b> , No Lecture	24.6	8:30

**NEW ZEALAND DEPARTURES: FRI, FEB 8, 2019 ~ FRI, FEB 22, 2019 ~ FRI, MAR 8, 2019**

**REVISED SCHEDULE SUBJECT TO CHANGE** (in case of conflict go with the NEWSLETTER)

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

**KEYS:** \* **Mandatory** (Qualification for extreme hikers)      \*\* **Optional** (Additional training opportunities)

**NOTES:** 1) **Schedule subject to change:** Always use the current schedule (see date at top) 2) **Find Revised Schedules;** on the web site, emailed & announced at the lectures. 3) **Questions, Updates or Information:** 1<sup>st</sup> check 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]

