

TENTATIVE

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 - 38th Annual Aloha Run/Walk	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	10:00AM	NATIONAL LAKESHORE (Chesterton, IN)	No Lecture [NOTE TIME ZONE IS CST]	11.0	3:40
MAR 3, SAT	9:00AM	GRAND MERE PARK (Stevensville, MI)	Stretching Techniques, Emergency Weather Procedures	12.0	4:00
MAR 17, SAT	8:00AM	LAWLESS PARK TRAILS (Vandalia, MI)	Core Strength & Body Fat	13.0	4:20
MAR 31, SAT	8:00AM	SWISS VALLEY (Jones, MI)	Fuel for the Backcountry & Strength Training	14.0	4:40
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	8:00AM	ROADRUNNER TRAILS (Elks Club, Dowagiac, MI)	Mental imagery	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	JORDAN RIVER VALLEY* (Bellare, MI)	TEST HIKE (No Lecture) SEE NOTES BELOW	18.0	6:00
JUN 23, SAT	9:00AM	KAL HAVEN TRAIL (South Haven, MI)	HOF Training	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	SAUGATUCK HIKE & PICNIC**(Mt. Baldhead Park)	OPTIONAL Hikes & Picnic	12.0	4:00
SEP 7-11,	(F-Tu)	UP NORTH TRIP**	OPTIONAL 5 Day Bus Trip – <i>Pure Michigan</i>		
SEP 22, SAT	8:00AM	EAST RACE (South Bend, IN)	HOF Training	20.0	6:40
SEP 30-OCT 4 (Su-Th)		MYSTERY TRIP (Departs from SMC Niles, MI)	OPTIONAL MIDWEST TRIP You Will Never Forget!		
OCT 7, SUN	10:00AM	FORT CUSTER TRAILS (Battle Creek, MI)	No Lecture	18.0	6:00
OCT 13, SAT	9:00AM	SANDHILL CRANE** (Lawless Park, Vandalia, MI)	OPTIONAL RUN/WALK All Trail	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	HIKE FOR HAITI** (Lemon Creek Winery, B. S., MI)	OPTIONAL HIKE 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 - 39th Annual Aloha Run/Walk	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	MANISTEE* (Cadillac, MI)	TEST HIKE, No Lecture	24.6	8:30

NEW ZEALAND DEPARTURES: SAT, FEB 9, 2019 SUN, FEB 24, 2019 (For your initial planning)



TENTATIVE SCHEDULE SUBJECT TO CHANGE (watch for updates)

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:** 1st 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]