

Tentative 5FEB2019

# CAIRN STONE HIKE TRAINING SCHEDULE



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

<u>DATE</u>	<u>TIME</u>	<u>COURSE/TRIP (Meeting Location)</u>	<u>Lecture Topic (Comments)</u>	<u>MAXIMUM MILES HOF</u>
MAR 30, SAT	9:00AM	LOVE CREEK TRAILS (Berrien Center, MI)	-----Rookie orientation, Equipment, HOF, Form -----	10.0- 3:20
APR 13, SAT	8:00AM	GRAND MERE PARK (Stevensville, MI)	-----Trekking poles, Hill technique, HOF-----	11.0- 3:40
APR 27, SAT	8:00AM	POTATO CREEK (N. Liberty, IN)	-----Stretching for trekkers, HOF -----	12.0- 4:00
MAY 11, SAT	8:00AM	LAWLESS PARK TRAILS (Vandalia, MI)	-----Core body strength, HOF-----	13.0- 4:20
MAY 25, SAT	8:00AM	SWISS VALLEY (Jones, MI)	-----Pilates and Yoga -----	14.0- 4:40
<b>JUN 8, SAT</b>	<b>9:00AM</b>	<b>*NATIONAL LAKESHORE (Chesterton, IN)</b>	<b>-----TEST HIKE 1 (No Lecture)-----</b>	<b>15.0- 5:00</b>
JUN 22, SAT	8:00AM	BIG ROCK VALLEY (Cassopolis, MI)	-----HOF -----	16.0- 5:20
JUL 6, SAT	8:00AM	ROADRUNNER TRAILS (Dowagiac, MI)	-----Appalachian Trail slideshow -----	17.0- 5:40
JUL 20, SAT	8:00AM	TREE-MENDUS FRUIT (Eau Claire, MI)	-----Fuel for back country hikes -----	18.056:00
AUG 3, SAT	9:00AM	FORT CUSTER TRAILS (Battle Creek, MI)	-----No lecture -----	19.0- 6:20
AUG 17, SAT	8:00AM	RIVERFRONT PARK (Niles, MI)	-----Mental imagery-----	19.0- 6:20
AUG 31, SAT	8:00AM	ROADRUNNER TRAILS (Dowagiac, MI)	-----Appalachian orientation-----	20.0- 6:40
SEP 2, MON	TBA	SAUGATUCK**(Mt. Baldhead Park)	-----OPTIONAL, HIKE & PICNIC hosted by Ron Gunn-----	12.0- 4:00
SEP 14, SAT	8:00AM	<b>*GRAND MERE PARK (Stevensville, MI)</b>	<b>-----TEST HIKE 2 Option 1-----</b>	<b>21.0- 7:00</b>
SEP 29, SUN	8:30AM	<b>*MANISTEE RIVER VALLEY (Cadillac, MI)</b>	<b>-----TEST HIKE 2 Option 2-----</b>	<b>21.0- 7:00</b>
OCT 12, SAT	9:00AM	**SANDHILL CRANE (Vandalia, MI)	OPTIONAL RUN/WALK All Trail Half Marathon, 10k, 5k	
OCT 19-27	TBA	<b>THE BEST OF APPLACHIAN TRAIL</b>	Adventure Hiking Trip	
NOV 3, SUN	8:00AM	**HIKE FOR HAITI (Lemon Creek Winery)	OPTIONAL, Fun hike and worthy cause	
NOV 24, SUN	1:00PM	**TURKEY TROT (Dowagiac, MI)	OPTIONAL, 5k & 10k all trail run/walk	
JAN 1, WED	10:30AM	**ROADRUNNER TRAILS** (Dowagiac, MI)	OPTIONAL 40th Annual Aloha Run/Walk -----	7.0- 2:20

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



TBA = To Be Announced

MAX DIST = Distance goal for extreme hiker candidates in miles

HOF = Hours On Feet

KEYS: \* **Mandatory** (Qualification for extreme hike candidates)

\*\* **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 latest newsletters & then contact us:

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]