



Revised 16MAY2023

Coach Ron Gunn's CAIRN STONE HIKE TRAINING SCHEDULE

Revisions since last release are- **BOLD & RED** *MAX = ELITE HIKER distance (keep up to be ready for the *Test Hikes*)

DATE (DAY)	START TIME	COURSE/TRIP (Meeting Location)	Lecture Topic & Comments	DISTANCES	
				COURSES	*MAX
JAN 1 (sun)	10AM	ALOHA WALK/RUN (Elk's Lodge, Dowagiac, MI)-----	OPTIONAL RUN/HIKE & POTLUCK	3.2-6.7	N/A
JAN 7 (sat)	tbd-AM	LOVE CREEK PARK, (Berrien Center, MI)-----	TRAINING HIKE		8
JAN 21 (sat)	tbd-AM	ZIG ZAG (Saugatuck, MI)-----	TRAINING HIKE		9
FEB 4 (sat)	tbd-AM	HIKE THE JACK/RR TRAILS (ELKS, Dowagiac, MI)-----	TRAINING HIKE		10
FEB 18 (sat)	tbd-AM	MADLINE BERTRAND PARK (Niles, MI)-----	TRAINING HIKE		11
MAR 4 (sat)	tbd-AM	POKAGON STATE PARK (Angola, IN)-----	TRAINING HIKE		12
MAR 18 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)-----	TRAINING HIKE		13
APR 1 (sat)	tbd-AM	POTATO CREEK STATE PARK (North Liberty, IN)-----	TRAINING HIKE		14
APR 15 (sat)	tbd-AM	SWISS VALLEY (Jones, MI)-----	TRAINING HIKE		15
APR 29 (sat)	tbd-AM	GRAND MERE PARK (Stevensville, MI)-----	TRAINING HIKE		16
MAY 13 (sat)	tbd-AM	INDIANA DUNES STATE PARK (Chesterton, IN)-----	TRAINING HIKE		17
MAY 27 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI) -----	TRAINING HIKE		18
JUN 10 (sat)	tbd-AM	*JORDAN RIVER VALLEY (East Jordan, MI) -----	TEST HIKE or DESTINATION HIKE		19
JUN 24 (sat)	tbd-AM	LOVE CREEK PARK (Berrien Center, MI)-----	TRAINING HIKE		20
JUL 8 (sat)	tbd-AM	M. BERTRAND/ST. PAT'S PARK (Niles, IN)-----	TRAINING HIKE		21
JUL 22 (sat)	tbd-AM	TREE-MENDUS FRUIT (Eau Claire, MI)-----	TRAINING HIKE		22
AUG 5 (sat)	tbd-AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI) -----	TRAINING HIKE		23
AUG 19 (sat)	tbd-AM	*MANISTEE RIVER VALLEY (Cadillac, MI) -----	TEST HIKE or DESTINATION HIKE		24
TBD	TBD	SAUGATUCK DUNES ST. PARK -----	BONUS HIKE		
SEP 4 (mon)	tbd-AM	ZIG ZAG, LAKESHORE (Mt. Baldy, Saugatuck, MI)-----	OPTIONAL HIKE & POTLUCK	6.1-6.8	N/A
SEP 7 to 16	TBA	PNW III TRIP 1-----			
SEP 17 to 26	TBA	PNW III TRIP 2-----			
SEP 28 to OCT 7	TBA	PNW III TRIP 3-----			
OCT 14 (sat)	9AM	Sandhill Crane All Trail Half Marathon, 10k, 5k (Lawless Park)			
NOV 19 (sun)	1PM	Dowagiac All Trail Turkey Trot 10k, 5k (SMC campus)			

NOTE: All hike courses include shorter distance options for hikers of all levels

COACH GUNN COMMENTS:

- Please carefully check your email prior to each hike to confirm the details for the activity.
- Due to our uncertain times this schedule is tentative. I am hoping to return to a single start time and a 30 minute lecture prior to each hike. I will also add bonus hikes during the training season.
- ***TEST HIKES** are MANDATORY for ELITE HIKE CANDIDATES, optional for all others. (Both Test Hikes are required for Elite Hike candidates)