

Coach Ron Gunn's

2024 CAIRN STONE HIKE TRAINING SCHEDULE

*MAX = Maximum course distance



Revised 30JAN2024

Revisions in **BOLD & RED** text

<u>DATE (DAY)</u>	<u>START</u>	<u>COURSE/TRIP (Meeting Location)</u>	<u>Lecture Topic & Comments</u>	<u>COURSES</u>	<u>*MAX</u>
JAN 1 (mon)	10AM	ALOHA WALK/RUN (Elk's Lodge, Dowagiac, MI)-----	OPTIONAL RUN/HIKE & POTLUCK	3.2-6.7	N/A
JAN 6 (sat)	tbd-AM	LOVE CREEK PARK, (Berrien Center, MI)-----	TRAINING HIKE		7
JAN 20 (sat)	tbd-AM	RIVERFRONT-MORRIS FARMS (Niles, MI)-----	TRAINING HIKE		9
FEB 3 (sat)	tbd-AM	MADLINE BERTRAND PARK (Niles, MI)-----	TRAINING HIKE		10
FEB 17 (sat)	tbd-AM	HIKE THE JACK/RR TRAILS (ELKS, Dowagiac, MI)-----	TRAINING HIKE		11
MAR 2 (sat)	tbd-AM	POKAGON STATE PARK (Angola, IN)-----	TRAINING HIKE		12
MAR 16 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)-----	TRAINING HIKE		13
MAR 30 (sat)	tbd-AM	POTATO CREEK STATE PARK (North Liberty, IN)-----	TRAINING HIKE		14
APR 13 (sat)	tbd-AM	SWISS VALLEY (Jones, MI)-----	TRAINING HIKE		15
APR 27 (sat)	tbd-AM	GRAND MERE PARK (Stevensville, MI)-----	TRAINING HIKE		16
MAY 11 (sat)	tbd-AM	DEVIL'S LAKE (Madison, WI)-----	DESTINATION HIKE		19
MAY 25 (sat)	tbd-AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI)-----	TRAINING HIKE		18
JUN 8 (sat)	tbd-AM	INDIANA DUNES STATE PARK (Chesterton, IN)-----	TRAINING HIKE		20
JUN 22 (sat)	tbd-AM	POKAGON STATE PARK (Angola, IN)-----	TRAINING/ DESTINATION HIKE		21
JUL 6 (sat)	tbd-AM	LOVE CREEK PARK (Berrien Center, MI)-----	TRAINING HIKE		21
JUL 20 (sat)	tbd-AM	MADLINE BERTRAND PARK (Niles, MI)-----	TRAINING HIKE		22
AUG 3 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)-----	TRAINING HIKE		22
AUG 17 (sat)	tbd-AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI)-----	TRAINING HIKE		23
AUG 31 (sat)	tbd-AM	POTATO CREEK STATE PARK (North Liberty, IN)-----	TRAINING HIKE		22
SEP 3 - 15	TBA	SCOTLAND TRIP 1-----	HIKING TOUR		
SEP 17-29	TBA	SCOTLAND TRIP 21-----	HIKING TOUR		
OCT 12 (sat)	9AM	SANDHILL CRANE All Trail Half Marathon, 10k, 5k (Lawless Park)			13.1
OCT 19 (sat)	tbd-AM	TREE-MENDUS FRUIT FARM (Berrien Center, MI)-----	TRAINING HIKE		10
NOV 2 (sat)	tbd-AM	GRAND MERE PARK (Stevensville, MI)-----	TRAINING HIKE		12
NOV 16 (sat)	tbd-AM	ZIG ZAG, LAKESHORE (Mt. Baldy, Saugatuck, MI)-----	OPTIONAL HIKE & POTLUCK	6.1-6.8	7
NOV 24 (sun)		57 th Dowagiac All Trail TURKEY TROT 10k, 5k (SMC campus)			6.2
NOV 30 (sat)		NILES TO MISHAWAKA URBAN HIKE-----	TRAINING HIKE		TBA
DEC 14 (sat)		SAUGATUCK DUNES ST. PARK-----	TRAINING HIKE		11

NOTE: Every course includes shorter distance options for hikers of all levels

COACH GUNN COMMENTS:

- **Always read the email** sent a few days prior to each hike for any last minute changes to meeting place or time.
- NO TEST HIKES, however we will have a few **Team Building DESTINATION HIKES** requiring travel and hotel stays.