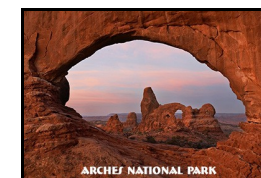




NOTE: Revisions since last release will be- **BOLD & RED**

<u>DATE</u>	<u>TIME</u>	<u>COURSE/TRIP (Meeting Location)</u>	<u>Lecture Topic &amp; Comments</u>	<u>MAXIMUM DIST</u>	<u>HOF</u>
JAN 11 SAT	<b>9:30AM</b>	<b>LINDY'S RESTAURANT (Cassopolis, MI)</b>	Rookie Orientation, Equipment, HOF training	<b>7.8</b>	<b>2:36</b>
JAN 25 SAT	9:00AM	MORRIS FARMS (YMCA, Niles, MI)	Rookie Orientation, Equipment, HOF training	9.0	3:00
FEB 8 SAT	9:00AM	LOVE CREEK PARK, (Berrien Center, MI)	Trekking Poles, Stretching, HOF training	10.0	3:20
FEB 22 SAT	10:00AM	DUNES NAT'L LAKESHORE (Chesterton, IN)	No Lecture	11.0	3:40
MAR 7 SAT	9:00AM	GRAND MERE PARK (Stevensville, MI)	Core Strength for hikers	12.0	4:00
MAR 21 SAT	9:00AM	LAWLESS PARK (Vandalia, MI)	Up and downhill hiking techniques, HOF training	13.0	4:20
APR 4 SAT	9:00AM	SAUGATUCK ST. PARK (Saugatuck, MI)	No Lecture	12.0	4:00
APR 18 SAT	8:00AM	SWISS VALLEY SKI AREA (Jones, MI)	Packing your day pack, HOF training	14.0	4:40
<b>MAY 2 SAT</b>	<b>8:00AM</b>	<b>BIG ROCK VALLEY (Cassopolis, MI)</b>	No Lecture	15.0	5:00
<b>MAY 16 SAT</b>	<b>8:00AM</b>	<b>POTATO CREEK PARK (N. Liberty, IN)</b>	Fuel for backcountry hiking	16.0	5:20
MAY 30 SAT	8:00AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI)	Best of Utah slideshow – Trip Update	17.0	5:40
JUN 13 SAT	8:00AM	TREE-MENDUS FRUIT (Eau Claire, MI)	Pilates and Yoga, HOF training	18.0	6:00
JUN 27 SAT	9:00AM	*DEVIL'S LAKE ST. PARK (Baraboo, WI)	TEST HIKE (No Lecture)	19.0	6:20
JUL 11 SAT	8:00AM	NILES RIVERFRONT (Plym Park, Niles, MI)	Mental imagery, HOF training	20.0	6:40
JUL 25 SAT	8:00AM	LOVE CREEK PARK (Berrien Center, MI)	Best of Utah orientation	21.0	7:00
AUG 8 SAT	8:00AM	RUSS FOREST PARK (Volinia, MI)	HOF training	22.0	7:20
AUG 22 SAT	8:00AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI)	TBA	23.0	7:40
SEP 6 SUN	8:30AM	*MANISTEE RIVER VALLEY (Cadillac, MI)	TEST HIKE (No Lecture)	24.0	8:00
SEP 19 SAT	TBA	UTAH TRIP 1 departure			
SEP 26 SAT	TBA	UTAH TRIP 2 departure			
OCT 10 SAT	9:00AM	**SANDHILL CRANE TRAIL RACES	OPTIONAL ACTIVITY (13.1, 6.2 or 3.1 miles)		
OCT 25 SUN	2:00PM	**HIKE FOR HAITI (Lemon Creek winery, Berrien Springs)	OPTIONAL ACTIVITY (2.4 to 9.2 miles)		
NOV 22 SUN	1:00PM	**53 <sup>rd</sup> ANNUAL TURKEY TROT trail races	OPTIONAL ACTIVITY (6.2 or 3.1 miles)		
<b>2021 JAN 1, FRI</b>	10:30AM	**41 <sup>st</sup> ANNUAL ALOHA FANTASY RUN/WALK (Dowagiac, MI)	OPTIONAL ACTIVITY (7.0 or 3.2 miles)		



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

TBA = To Be Announced

MAX DIST = Target time & miles for extreme hike candidates.

HOF = Hours On Feet

KEYS: \* **MANDATORY Qualification for extreme hike candidates ONLY** – Optional destination hikes for all others. \*\* **BONUS HIKES** (Additional training)

NOTES: 1) **Schedule is subject to change:** Always use the current schedule (see date at top left)

2) **Find Revised Schedules;** on the web site, in email & announced at the lectures.

3) **Questions, Updates or Information:** 1<sup>st</sup> check latest newsletters & then contact us:

4) **CONTACT:** Coach Gunn at 574-215-4779 / Ron@CairnStoneTours.com Or Thom at 269-462-0683 / Thom@CairnStoneTours.com

5) **ONLINE:** CairnStoneAdventureTours.com [TIP: Google search Coach Gunn or Adventure Hikes or Gunn Hikes for a quick link to our web site]

6) **NEW WEBSITE UNDER CONSTRUCTION:** Check out CairnStoneTours.com which will be more secure and mobile phone friendly. Going live mid Feb.