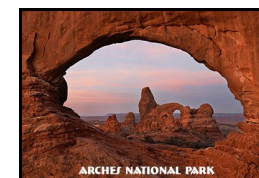


NOTE: Revisions since last release will be- **BOLD & RED**

<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	9:30AM	LINDY'S RESTAURANT (Cassopolis, MI)-----	Rookie Orientation, Equipment, HOF training-----	7.8	2:36
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
<b>APR 4-5 SAT/SUN</b>		<b>ROADRUNNER TRAILS (Rotary Park, Dowagiac)-</b>	<b>-No Lecture-----</b>	<b>13.9</b>	<b>4:38</b>
<b>APR 18-19 SAT/SUN</b>		<b>LOVE CREEK (Berrien Center, MI)-----</b>	<b>-No Lecture-----</b>	<b>14.0</b>	<b>4:40</b>
<b>MAY 2-3 SAT/SUN</b>		<b>INDIANA DUNES ST. PARK (Chesterton, IN)-----</b>	<b>-No Lecture-----</b>	<b>15.0</b>	<b>5:00</b>
MAY 16 SAT	8:00AM	POTATO CREEK PARK (N. Liberty, IN)-----	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			
<b>OCT 18 SAT</b>	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 &amp; 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](mailto:Ron@CairnStoneTours.com) Or Thom at 269-462-0683 / [Thom@CairnStoneTours.com](mailto:Thom@CairnStoneTours.com)5) **ONLINE:** [CairnStoneAdventureTours.com](http://CairnStoneAdventureTours.com) [TIP: Google search *Coach Gunn* or *Adventure Hikes* or *Gunn Hikes* for a quick link to our web site]