

TENTATIVE



Initial release 29DEC2020

Coach Ron Gunn's CAIRN STONE HIKE TRAINING SCHEDULE

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

<u>DATE (DAY)</u>	<u>TIME</u>	<u>COURSE/TRIP (Meeting Location)</u>	<u>Lecture Topic & Comments</u>	<u>MAXIMUM DISTANCES</u>
JAN 1 (fri)	9-11AM	ALOHA WALK/RUN (St. Paul's, Dowagiac, MI)	OPTIONAL ACTIVITY	3.0-7.8
JAN 16 (sat)	tbd-AM	LAKE LAGRANGE (Lindy's, Cassopolis, MI)	TRAINING HIKE	6.7-7.8
JAN 30 (sat)	tbd-AM	MORRIS FARMS (YMCA, Niles, MI)	TRAINING HIKE	5.0-8.2
FEB 13 (sat)	tbd-AM	LOVE CREEK PARK, (Berrien Center, MI)	TRAINING HIKE	5.0-9.0
FEB 27 (sat)	tbd-AM	M. BERTRAND/ST. PAT'S PARK (Niles, IN)	TRAINING HIKE	5.0-10.0
MAR 13 (sat)	tbd-AM	ROADRUNNER TRAILS (Elks, Dowagiac, MI)	TRAINING HIKE	8.0-11.0
MAR 20 (sat)	TBD	SHAMROCK TURKEY TROT (Dowagiac, MI)	OPTIONAL ACTIVITY	5k-10k
MAR 27 (sat)	tbd-AM	POKAGON STATE PARK (Angola, IN)	TRAINING HIKE	8.0-12.3
APR 10 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)	TRAINING HIKE	8.5-13.1
APR 24 (sat)	tbd-AM	POTATO CREEK STATE PARK (North Liberty, IN)	TRAINING HIKE	8.3-13.8
MAY 8 (sat)	tbd-AM	GRAND MERE PARK (Stevensville, MI)	TRAINING HIKE	7.9-15.0
MAY 22 (sat)	tbd-AM	ZIG ZAG LAKEFRONT (Mt. Baldy, Saugatuck, MI)	TRAINING HIKE	6.1-16.0
JUN 5 (sat)	tbd-AM	INDIANA DUNES STATE PARK (Chesterton, IN)	TRAINING HIKE	8.5-17.0
JUN 19 (sat)	tbd-AM	*DEVIL'S LAKE ST. PARK (Baraboo, WI)	TEST HIKE or DESTINATION HIKE	6.5-18.0
JUL 3 (sat)	tbd-AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI)	TRAINING HIKE	8.0-19.0
JUL 17 (sat)	tbd-AM	TREE-MENDUS FRUIT (Eau Claire, MI)	TRAINING HIKE	6.7-20.0
JUL 31 (sat)	tbd-AM	LOVE CREEK PARK (Berrien Center, MI)	TRAINING HIKE	5.0-21.0
AUG 14 (sat)	tbd-AM	RUSS FOREST PARK (Volinia, MI)	TRAINING HIKE	6.7-22.0
AUG 28 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)	TRAINING HIKE	8.5-18.0
SEP 11 (sat)	TBD	*MANISTEE RIVER VALLEY (Cadillac, MI)	TEST HIKE or DESTINATION HIKE	10.0-23.0
SEP 18 (sat)	TBA	BEST OF UTAH PARKS, TRIP 1 departure		
SEP 27 (mon)	TBA	BEST OF UTAH PARKS, TRIP 2 departure		
OCT 6 (wed)	TBA	BEST OF UTAH PARKS, TRIP 3 departure		
OCT 23 (sat)	tbd-AM	**SANDHILL CRANE ALL TRAIL RACES (Lawless Park)	OPTIONAL ACTIVITY (13.1, 6.2 or 3.1 miles)	
OCT 30 (sat)	TBD	**HIKE FOR HAITI (Lemon Creek winery, Berrien Springs)	OPTIONAL ACTIVITY (2.2-5.9 miles)	
OCT 31 (sun)	TBD	**HIKE FOR HAITI (Lemon Creek winery, Berrien Springs)	OPTIONAL ACTIVITY (2.2-5.9 miles)	
NOV 21 (sun)	TBD	**54 th ANNUAL TURKEY TROT trail races (Middle School, Dowagiac, MI)	OPTIONAL ACTIVITY (6.2 or 3.1 miles)	

NOTES: 1) This is a **TENTATIVE SCHEDULE** because of the uncertain times in which we live. It is important to always check the emailed newsletter before each hike. Newsletter updates include; location, distance and times of social distance starts.

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

3) **Questions, Updates or Information:** 1st 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]

