

TENTATIVE



Revision 18MAY2021

Coach Ron Gunn's CAIRN STONE HIKE TRAINING SCHEDULE

NOTE: Revisions since JAN 27 will be- **BOLD & RED**

MAX DISTANCE: Elite hiker *progressive overload* target distance

<u>DATE (DAY)</u>	<u>TIME</u>	<u>COURSE/TRIP (Meeting Location)</u>	<u>Lecture Topic & Comments</u>	<u>DISTANCES</u>	
				<u>COURSE</u>	<u>MAX</u>
JAN 1 (fri)	9-11AM	ALOHA WALK/RUN (St. Paul's, Dowagiac, MI)-----	OPTIONAL ACTIVITY-----	3.0-7.8	
JAN 16 (sat)	9-10:30AM	MORRIS FARMS (YMCA, Niles, MI)-----	TRAINING HIKE-----	5.0-8.2	7
JAN 30 (sat)	9-10:30AM	LOVE CREEK PARK, (Berrien Center, MI)-----	TRAINING HIKE-----	5.0-9.0	8
FEB 13 (sat)	tbd-AM	LAKE LAGRANGE (Lindy's, Cassopolis, MI)-----	TRAINING HIKE-----	6.7-7.8	9
FEB 27 (sat)	tbd-AM	M. BERTRAND/ST. PAT'S PARK (Niles, IN)-----	TRAINING HIKE-----	5.0-10.0	10
MAR 13 (sat)	tbd-AM	ROADRUNNER TRAILS (Elks, Dowagiac, MI)-----	TRAINING HIKE-----	8.0-11.0	11
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	12
APR 10 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)-----	TRAINING HIKE-----	8.5-13.1	13
APR 24 (sat)	tbd-AM	POTATO CREEK STATE PARK (North Liberty, IN)---	TRAINING HIKE-----	8.3-13.8	14
MAY 8 (sat)	tbd-AM	GRAND MERE PARK (Stevensville, MI)-----	TRAINING HIKE-----	7.9-15.0	15
MAY 22 (sat)	tbd-AM	INDIANA DUNES STATE PARK (Chesterton, IN)----	TRAINING HIKE-----	8.5-16.0	16
JUN 5 (sat)	tbd-AM	ZIG ZAG LAKEFRONT (Mt. Baldy, Saugatuck, MI)---	TRAINING HIKE-----	6.2-6.9	17
JUN 12 (sat)	tbd-AM	*DEVIL'S LAKE ST. PARK (Baraboo, WI)-----	TEST HIKE or DESTINATION HIKE-----	6.5-18.0	18.0
JUN 19 (sat)	tbd-AM	*JORDAN RIVER VALLEY (East Jordan, MI)-----	TEST HIKE or DESTINATION HIKE-----	3.8-18.6	18.6
JUL 3 (sat)	tbd-AM	TREE-MENDUS FRUIT (Eau Claire, MI)-----	TRAINING HIKE-----	6.7-20.0	19
JUL 17 (sat)	tbd-AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI)-----	TRAINING HIKE-----	8.0-19.0	20
JUL 31 (sat)	tbd-AM	LOVE CREEK PARK (Berrien Center, MI)-----	TRAINING HIKE-----	5.0-21.0	21
AUG 14 (sat)	tbd-AM	RUSS FOREST PARK (Volinia, MI)-----	TRAINING HIKE-----	6.7-22.0	22
AUG 28 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)-----	TRAINING HIKE-----	8.5-18.0	18
SEP 11 (sat)	TBD	*MANISTEE RIVER VALLEY (Cadillac, MI)-----	TEST HIKE or DESTINATION HIKE-----	10.0-23.0	23
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]

