

Revised 8JUL2022

**Coach Ron Gunn's CAIRN STONE HIKE TRAINING SCHEDULE**

Revisions since last release are- **BOLD & RED** \*MAX = ELITE HIKER distance (keep up to be ready for the *Test Hikes*)

<u>DATE (DAY)</u>	<u>START TIME</u>	<u>COURSE/TRIP (Meeting Location)</u>	<u>Lecture Topic &amp; Comments</u>	<u>DISTANCES</u>	
				<u>COURSES</u>	<u>*MAX</u>
JAN 1 (fri)	tbd-AM	ALOHA WALK/RUN (St. Paul's, Dowagiac, MI)-----	OPTIONAL ACTIVITY	3.0-7.8	
JAN 15 (sat)	9:45AM	LOVE CREEK PARK, (Berrien Center, MI)-----	TRAINING HIKE	4.0-10.0	7
JAN 29 (sat)	tbd-AM	ROADRUNNER TRAILS (Elks, Dowagiac, MI)-----	TRAINING HIKE	6.0-10.1	8
FEB 12 (sat)	tbd-AM	LAKE LAGRANGE (Cassopolis, MI)-----	TRAINING HIKE	4.0-11.4	9
FEB 26 (sat)	tbd-AM	NILES RIVERFRONT/MORRIS FARMS-----	TRAINING HIKE	4.7-11.3	11
MAR 12 (sat)	tbd-AM	M. BERTRAND/ST. PAT'S PARK (Niles, MI)-----	TRAINING HIKE	6.1-12.4	12
MAR 26 (sat)	tbd-AM	POKAGON STATE PARK (Angola, IN)-----	TRAINING HIKE	5.0-12.9	13
APR 9 (sat)	tbd-AM	POTATO CREEK STATE PARK (North Liberty, IN)-----	TRAINING HIKE	5.2-13.7	15
APR 23 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)-----	TRAINING HIKE	6.2-15.0	16
MAY 7 (sat)	tbd-AM	GRAND MERE PARK (Stevensville, MI)-----	TRAINING HIKE	7.9-17.0	17
MAY 21 (sat)	tbd-AM	INDIANA DUNES STATE PARK (Chesterton, IN)-----	TRAINING HIKE	8.7-18.7	18
JUN 4 (sat)	tbd-AM	SAUGATUCK STATE PARK (Saugatuck, MI)-----	TRAINING HIKE	3.2-19.2	19
<b>JUN 18 (sat)</b>	<b>tbd-AM</b>	<b>JORDAN RIVER VALLEY (East Jordan, MI)-----</b>	<b>TEST HIKE or DESTINATION HIKE</b>	3.2-20.1	20.1
JUL 2 (sat)	tbd-AM	TREE-MENDUS FRUIT (Eau Claire, MI)-----	TRAINING HIKE	7.3-21.4	20
<b>JUL 16 (sat)</b>	<b>tbd-AM</b>	<b>LOVE CREEK PARK (Berrien Center, MI)-----</b>	TRAINING HIKE	5.0-22.0	22
<b>JUL 30 (sat)</b>	<b>tbd-AM</b>	<b>ROADRUNNER TRAILS (ELKS, Dowagiac, MI)-----</b>	TRAINING HIKE	TBA	23
<b>AUG 11 (thu)</b>	<b>9:00 PM</b>	<b>LAWLESS PARK (Vandalia, MI)-----</b>	<b>SPECIAL NIGHT HIKE</b>	<b>5.1</b>	<b>N/A</b>
AUG 13 (sat)	tbd-AM	M. BERTRAND/ST. PAT'S PARK (Niles, IN)-----	TRAINING HIKE	TBA	24
AUG 27 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)-----	TRAINING HIKE	TBA	25
SEP 5 (mon)	tbd-AM	ZIG ZAG, LAKESHORE (Mt. Baldy, Saugatuck, MI)-----	TRAINING HIKE	TBA	11
<b>SEP 10 (sat)</b>	<b>tbd-AM</b>	<b>MANISTEE RIVER VALLEY (Cadillac, MI)-----</b>	<b>TEST HIKE or DESTINATION HIKE</b>	TBA	26.4
<b>SEP 16 (sat)</b>	<b>TBA</b>	<b>BEST OF WEST, GC XII, TRIP 1, AM departure</b>			
<b>SEP 28 (thu)</b>	<b>TBA</b>	<b>BEST OF WEST, GC XII, TRIP 2, AM departure</b>			
<b>OCT 15 (sat)</b>	<b>TBA</b>	<b>Sandhill Crane All Trail Half Marathon, 10k, 5k (Lawless Park)</b>			
<b>NOV 20 (sun)</b>	<b>TBA</b>	<b>Dowagiac All Trail Turkey Trot 10k, 5k (SMC campus)</b>			

**COACH GUNN COMMENTS:**

- Please carefully check your email prior to each hike to confirm the details for the activity.
- Due to our uncertain times this schedule is tentative. I am hoping to return to a single start time and a 30 minute lecture prior to each hike. I will also add bonus hikes during the training season.
- Presently all hikes are *all trail* but early on I may have to switch to road hikes like Morris Farms, Lake LaGrange/Lindy's, Love Creek Jones Road, and St. Joe Lakeshore hikes if trail conditions are too snowy.

