



Coach Ron Gunn's 2026

CAIRN STONE HIKE TRAINING SCHEDULE

~Test Hike course distance goal for elite hikers (R column)~



<u>DATE (DAY)</u>	<u>START</u>	<u>COURSE/TRIP (Meeting Location)</u>	<u>Lecture Topic & Comments</u>	<u>ELITE</u>
JAN 1 (thu)	10AM	ALOHA WALK/RUN (Elk's Lodge, Dowagiac, MI)-----	OPEN RUN/HIKE & POTLUCK	OPTIONAL N/A
JAN 10 (sat)	tbd-AM	LOVE CREEK PARK, (Berrien Center, MI)-----	TRAINING HIKE	8
JAN 24 (sat)	tbd-AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI)-----	TRAINING HIKE	8
FEB 7 (sat)	tbd-AM	MORRIS FARMS (Niles, MI)-----	TRAINING HIKE	9
FEB 21 (sat)	tbd-AM	POTATO CREEK STATE PARK (North Liberty, IN)-----	TRAINING HIKE	10
MAR 7 (sat)	tbd-AM	ZIG ZAG, (Mt. Baldy, Saugatuck, MI)-----	TRAINING HIKE	11
MAR 21 (sat)	tbd-AM	LOVE CREEK PARK, (Berrien Center, MI)-----	TRAINING HIKE	12
APR 4 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)-----	TRAINING HIKE	13
APR 18 (sat)	tbd-AM	POKAGON STATE PARK (Angola, IN)-----	TRAINING & DESTINATION HIKE	14
MAY 2 (sat)	tbd-AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI)-----	TRAINING HIKE	15
MAY 16 (sat)	tbd-AM	SWISS VALLEY SKI AREA (Jones, MI)-----	TRAINING HIKE	16
MAY 30 (sat)	tbd-AM	*GRAND MERE PARK (Stevensville, MI)-----	TEST/TRAINING HIKE	17
JUN 13 (sat)	tbd-AM	INDIANA DUNES STATE PARK (Chesterton, IN)-----	TRAINING HIKE	20
JUN 27 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)-----	TRAINING HIKE	21
JUL 4 (sat)	8:00 AM	Roadrunner Hill (Decatur, MI)-----	BONUS HIKE	
JUL 11 (sat)	tbd-AM	MADLINE BERTRAND PARK (Niles, MI)-----	TRAINING HIKE	22
JUL 25 (sat)	tbd-AM	POTATO CREEK STATE PARK (North Liberty, IN)-----	TRAINING HIKE	23
AUG 1 (sat)	9:00 AM	Saugatuck State Park (just north of Saugatuck, MI)-----	BONUS HIKE	
AUG 8 (sat)	tbd-AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI)-----	TRAINING HIKE	24
AUG 22 (sat)	7:00AM	*TEST HIKE (Manistee, MI)-----	TEST & DESTINATION HIKE	26.4
SEP 5-17 (sat-thu)	tbd	BEST OF WASHINGTON STATE Trip 1-----	HIKING TOUR	
SEP 19-OCT 1 (sat-thu)	tbd	BEST OF WASHINGTON STATE Trip 2-----	HIKING TOUR	
OCT 10 (sat)	9AM	SANDHILL CRANE All Trail Half Marathon, 10k, 5k (Lawless Park)	OPTIONAL	13.1
NOV 22 (sun)	1PM	59 th Dowagiac All Trail TURKEY TROT 10k, 5k (SMC campus)	OPTIONAL	6.2
JAN 1 (fri)	10AM	ALOHA WALK/RUN (Elk's Lodge, Dowagiac, MI)-----	OPEN RUN/HIKE & POTLUCK	3.2-10.0 N/A

***TEST HIKES:** QUALIFICATION REQUIRED for the challenging Cascade Mountains, *Enchantments Traverse*, a 20+ mile hike with 4,400' elevation gain. The views are incredible on this iconic hike!

NOTES: Every course is marked and monitored, and includes shorter options than the MAX distance – course distance is always your choice.

TRAINING NEWSLETTERS go out before each hike with details for that hike, including any time or location changes.

IMPORTANT NOTE: **Newsletters often contain other updates** or announcements beyond the training hike – **please do read each newsletter.**