



## 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 &amp; 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            |
| <b>FEB 7 (sat)</b>            | tbd-AM        | <b>MORRIS FARMS (Niles, MI)-----</b>                                 | 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           |
| <b>APR 4 (sat)</b>            | 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                       | 18           |
| JUN 27 (sat)                  | tbd-AM        | LAWLESS PARK (Vandalia, MI)-----                                     | TRAINING HIKE                       | 19           |
| JUL 11 (sat)                  | tbd-AM        | MADLINE BERTRAND PARK (Niles, MI)-----                               | TRAINING HIKE                       | 20           |
| JUL 25 (sat)                  | tbd-AM        | POTATO CREEK STATE PARK (North Liberty, IN)-----                     | TRAINING HIKE                       | 21           |
| AUG 8 (sat)                   | tbd-AM        | ROADRUNNER TRAILS (ELKS, Dowagiac, MI)-----                          | TRAINING HIKE                       | 22           |
| <b>AUG 22 (sat)</b>           | <b>7:00AM</b> | <b>*TEST HIKE (Manistee, MI)-----</b>                                | <b>TEST &amp; DESTINATION HIKE</b>  | <b>22.5</b>  |
| <b>SEP 5-17 (sat-thu)</b>     | <b>tbd</b>    | <b>BEST OF WASHINGTON STATE Trip 1-----</b>                          | <b>HIKING TOUR</b>                  |              |
| <b>SEP 19-OCT 1 (sat-thu)</b> | <b>tbd</b>    | <b>BEST OF WASHINGTON STATE Trip 2-----</b>                          | <b>HIKING TOUR</b>                  |              |
| OCT 10 (sat)                  | 9AM           | SANDHILL CRANE All Trail Half Marathon, 10k, 5k (Lawless Park)       | OPTIONAL                            | 13.1         |
| NOV 22 (sun)                  | 1PM           | 59 <sup>th</sup> 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 Mt. Rainier, *Enchantment Lakes* hike, 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.**