



# CAIRN STONE 2010 TRAINING SCHEDULE

MS=Mountain Sheep, H=Highlanders, O=Orcas

[MAP DIRECTIONS](#)

REVISED 2-17-10

2010 DATE	DAY	MS TIME	H & O TIME	COURSE ( MEETING SITE)	LECTURE TOPIC (COMMENTS)	MAXIMUM DIST	HOF
Feb 6	SAT	9:30AM	9:30AM	ROADRUNNER TRAILS (SMC Dowagiac, MI)	HOF Training/Equipment-----	6	2:30
Feb 20	SAT	8:00AM	8:30AM	NILES RIVERFRONT/MORRIS FARMS	HOF, Equipment, Hiking Techniques-----	8	3:20
Mar 6	SAT	10:00AM	10:30AM	LOVE CREEK TRAILS (Berrien Center, MI)	HOF, Strength Training, Trekking Poles & Body Fat-----	10	4:10
Mar 20	SAT	8:00AM	8:30AM	GRAND MERE PARK (Stevensville, MI)	Stretching Techniques, Emergency Weather Procedures----	12	5:00
Apr 3	SAT	8:00AM	8:30AM	LAWLESS PARK TRAILS (Vandalia, MI)	Map Reading & a Core Strength & Flexibility review-----	13	5:20
Apr 17	SAT	8:00AM	9:00AM	SWISS VALLEY (Jones, MI)	Fuel for the Canyon-----	14	5:50
May 1	SAT	8:00AM		POTATO CREEK (South Bend, IN)	Training & Loading Your Day Pack-----	16	6:40
May 16	SUN	8:00AM		ROADRUNNER TRAILS (Elks, Dowagiac, MI)	Back Country Survival/First Aid-----	18	7:30
Jun 4-6	SAT	9:00AM		DEVIL'S LAKE* (Madison, WI)	Test Hike (No Lecture)-----	19	7:50
Jun 19	SAT	8:00AM		NILES RIVERFRONT(Park Pavilion)	Pilates and Yoga in the Canyon-----	20	8:20
Jul 3	SAT	8:00AM		ST. JOE RIVER/N.D. (St. Mary's College, S. B.)	Trail Strategies-----	22	9:10
Jul 18	SUN	8:00AM		LOVE CREEK TRAILS (Berrien Center, MI)	Strategies for the Canyon-----	23	9:35
Jul 31	SAT	9:00AM		STEVE'S RUN** (Dowagiac, MI)	Optional Speed Work (Lotsa' Karma)-----	6.2	2:00
Aug 1	SUN	8:00AM		RUSS FOREST PARK (Volinia, MI)	Map Reading Test-----	24	10:00
Aug 6-8	FRI	TBA		PICTURED ROCKS** (Weekend Fun Trip)	Optional Hikes (No Lecture)-----	TBA	TBA
Aug 22	SUN	8:00AM		ROADRUNNER TRAILS (Elks, Dowagiac)	Trail Strategies – The Narrows DVD-----	26	10:50
Sep 6	MON	TBA		SAUGATUCK PICNIC/MT. BALDY**	Optional Hikes & Picnic (No lecture)-----	TBA	TBA
Sep 12	SUN	8:00AM		MANISTEE RIVER TRAIL* (Cadillac, MI)	TEST HIKE (No lecture)-----	27.4	11:20
Sep 27	MON	6:00PM		ROADRUNNER TRAILS (Elks, Dowagiac)	Optional taper hike-----	6.0	
Oct 4	MON	6:00AM		GRAND CANYON	DO IT!		

TBA = To Be Announced

MAX DIST = Maximum Length of Training Hike

HOF = Hours On Feet

\* Mandatory (Qualification for extreme hikes: *S. Rim to N. Rim, Rim-River-Rim, Zion Narrows and Plateau Point* hikes)

\*\* Optional (Additional training opportunities)

- NOTES:**
- This is the current schedule (see date at top) Revised Schedules will be on the web site, emailed along with the Newsletter, and announced at the lecture. For questions, updates or information contact: Coach at 574-215-4779 / [rorgunn3@verizon.net](mailto:rorgunn3@verizon.net). Or Thom at 269-462-0683 / [thomaspjanssen@aol.com](mailto:thomaspjanssen@aol.com)  
Online <http://cairnstoneadventuretours.com> [Google search *Coach Gunn* for quick access to the web site]
  - Lectures will start promptly at the indicated MS Time. Hike will start 30 Min. later. Highlanders and Orcas have the option to attend the MS lectures.
  - All training sessions will accommodate shorter than the maximum distances.
  - The MAX DIST listed is for extreme hike candidates; *S. Rim to N. Rim, Rim-River-Rim, Grandview/Horseshoe Mesa, Zion West & East Rim and Zion Narrows River Hike*. The *Plateau Point* hikers should figure 70% of MAX DIST. If you go the Max distance at each training hike you will successfully complete the Manistee Test Hike.
  - Above the rim hikers should hike to their chosen distance plus 1 to 2 miles to allow for the 7500' altitude on the South Rim and 8200' on the North Rim