



CAIRN STONE 2012 EXTREME HIKES TRAINING SCHEDULE

(click for [MAP DIRECTIONS](#))

Revision 12-21-11

2012				MAXIMUM	
DATE	DAY	TIME	COURSE (MEETING SITE)	LECTURE TOPIC (COMMENTS)	DIST HOF
JAN 1	SUN	11:45AM	ROADRUNNER TRAILS** (St. Paul's, Dowagiac, MI)	No Lecture – 32 nd Annual Aloha Run/Walk	7 2:50
JAN 14	SAT	9:00AM	ROADRUNNER TRAILS (SMC Dowagiac, MI)	Orientation	7 2:50
JAN 21	SAT	10:00AM	LAKEFRONT (Livery, Benton Harbor, MI)	No Lecture	8 3:20
FEB 11	SAT	9:00AM	RIVERFRONT (YMCA, Niles, MI)	HOF, Equipment, Hiking Techniques	8 3:20
FEB 25	SAT	10:00AM	LOVE CREEK TRAILS (Berrien Center, MI)	HOF, Strength Training, Trekking Poles & Body Fat	10 4:10
MAR 17	SAT	9:00AM	GRAND MERE PARK (Stevensville, MI)	Stretching Techniques, Emergency Weather Procedures	12 5:00
MAR 31	SAT	8:00AM	LAWLESS PARK TRAILS (Vandalia, MI)	Core Strength & Body Fat	13 5:20
APR 14	SAT	8:00AM	SWISS VALLEY (Jones, MI)	Fuel for the Canyon	14 5:40
MAY 5	SAT	8:00AM	POTATO CREEK (South Bend, IN)	Loading Your Day Pack	16 6:40
MAY 19	SAT	8:00AM	ROADRUNNER TRAILS (Elks Club, Dowagiac, MI)	Pilates & Yoga – Karen Sommers	18 7:30
JUN 2	SAT	9:00AM	DEVIL'S LAKE* (Madison, WI)	Test Hike (No Lecture)	19 7:50
JUN 23	SAT	8:00AM	NILES RIVERFRONT (Park Pavilion)	Pilates and Yoga in the Canyon	20 8:20
JUN 29 – JUL 1		TBA	HOLY TOLEDO METRO PARKS (Bus trip to Toledo, OH)	Optional weekend fun trip	
JUL 7	SAT	8:00AM	TREE-MENDUS FRUIT (Indian Lake, MI)	Strategies for the Canyon	22 9:10
JUL 22	SUN	8:00AM	LOVE CREEK TRAILS (Berrien Center, MI)	Canyon Hike Options	23 9:35
JUL 28	SAT	9:00AM	STEVE'S RUN** (Dowagiac, MI)	Optional Speed Work (Lotsa' Karma)	6.2 2:10
AUG 5	SUN	8:00AM	RUSS FOREST PARK (Volinia, MI)	Map Reading Test	24 10:00
AUG 10-13		TBA	PICTURED ROCKS**)	Optional Bus Weekend Hiking Fun Trip	11 3:40
AUG 19	SUN	8:00AM	ROADRUNNER TRAILS (Elks Club, Dowagiac, MI)	Trip Orientation	26 10:50
AUG 25	SAT	9:00AM	SANDHILL CRANE HALF (Lawless Park, Volinia, MI)	Optional All Trail Half Marathon	13.1 5:20
SEP 3	MON	TBA	SAUGATUCK PICNIC/MT. BALDY** (Mt. Baldhead Park)	Optional Hikes & Picnic (No lecture)	12 4:00
SEP 9	SUN	8:00AM	MANISTEE RIVER TRAIL* (Cadillac, MI)	TEST HIKE (No lecture)	27.4 11:20
SEP 22	SAT	TBA	LEAVE FOR GRAND CANYON	DO IT!	

TBA = To Be Announced

MAX DIST = Maximum Length of Training Hike in miles

HOF = Hours On Feet

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

** **Optional** (Additional training opportunities)

NOTES: 1) Schedule is subject to change: Use the most 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 / RON@CAIRNSTONETOURS.COM.**

Or Thom at 269-462-0683 / THOM@CAIRNSTONETOURS.COM

Online CaimStoneAdventureTours.com [Google search *Coach Gunn* for a quick and handy link to the web site]

2) Lectures will start promptly at the indicated time. Hike will usually start 30 Min. later.

3) 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*, *Zion West & East Rim* and *Zion Narrows River Top to Bottom Hike*. The *Plateau Point* hikers should figure 75% of MAX DIST. 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