

CAIRN STONE NEWSLETTER

TO: TRAINING TEAMS
FROM: COACH RON GUNN
DATE: March 19, 2023
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[NOTE: The following was sent March 19th as an email message and not as an attachment]

TO: Pacific Northwest trekkers and 2023 Training Partners
FR: Coach Gunn
RE: Important Updates

SHANTY CREEK RESERVATIONS: I am very pleased that Shanty Creek Resort gave us a good rate for our TEST HIKE at the Jordan River Valley in June. Our group sales rep Megan just sent me the link you will need to make your reservations. They set up a special page on their website (see link below) for each group which makes the reservation process very easy to do. I will remind you that the block is only 34 rooms so I would act early if interested.

All of our previous TEST HIKES have been galvanizing experiences for our teams and I expect this one to be at least as galvanizing for our *Pacific Northwest* team! A galvanized team makes for an extraordinary hiking tour experience.

[CAIRN STONE RESERVATIONS](#)

BONUS HIKE AT LAWLESS: We had very challenging weather at Saturday's hike and I plan to offer it again this **Sunday, March 26** starting at 11:00AM. I will repeat the lecture at 10:45AM for all who are interested. As you know I have a love affair with the classic *Sandhill Crane* course as the color illustrated map that I commissioned points out (see attachment). Please pay the parking fee into the Jog Pot and not at the gate.

REHYDRATION: I recommend Lindy's Restaurant (Take M60 west to stop light in Cassopolis, then right (north) on M62 towards Dowagiac, Lindy's will be on the right in 5 miles).

"I salute our 43 determined hikers that conquered the Sandhill Crane course this past Saturday!"

Coach Gunn

MAP LINKS
[Lawless Park](#)

[Lindy's Restaurant](#)