



TO: ALL CAIRN STONE TREKKERS
FROM: COACH GUNN
DATE: JANUARY 17, 2023
574.215.4779

Ron@CairnStoneTours.com

LOVE CREEK TREK WAS TREMENDOUS

LOVE CREEK: We had a huge turnout of over 130 trekkers enjoy the beautiful trails of Love Creek in our inaugural training hike of the 2023 training season. For the first time in a long while we were able to hike the trails in January at Love Creek. This was a real bonus for our fired up turnout including many *rookies*! I am very excited about this year's team. It looks like it is going to be amazing! I am also very happy about getting back to the lecture format and the single start time. These items will definitely strengthen our program.

MUCHOS GRACIAS! I want to thank Marty and Kathy Flynn for their help in setting up the course and Jay and Kathy Crouch for taking down the signs. The *Jog Pot* was terrific and the Love Creek staff was very appreciative of our very generous support of their park.

ZIG ZAG : Our next training hike will be this **Saturday, January 21** starting at Mt. Baldhead parking lot in Saugatuck. The start time will be **10:00AM** and there will be no lecture. This is a quality workout course of 4.4, 6.1, and 8.8 mile options. Also an extra credit course of up to 10k along the lake bluff will be available. The **weather forecast looks good** and we shouldn't have to deal with snow.

I will be having my **back surgery this Wednesday** and probably will not be able to attend. Thom will man the sign-in station and *Jog Pot* at the start for me.

It is important that everyone in our training program start every course at the scheduled time. Your cooperation with this is necessary and most appreciated. Some courses require special permission or a different set up method. For this course, Jay and Kathy are going to start marking this truly beautiful all trail course about an hour before the start time. Later in the morning Heather Birky will start the course to pick up all the signs

The **restrooms** at the parking lot will be closed, but there is a State rest area about 6 miles north of South Haven for those coming from the south.

REHYDRATION: During this time of year I recommend *The Butler* in downtown Saugatuck.

DIRECTIONS: MAP LINKS to Mt. Baldhead Park & *Butler's Restaurant* are in the email.

HIKER PROTOCOLS: Log sheets: Everyone hiking our course must record their time out and back in. If you are registered your name will be on either the *Pacific Northwest* or *Training Partners* log sheets. You must be registered to hike these courses with us. If your name is missing, on the wrong sheet, or there's an error contact Thom. Thom@CairnStoneTours.com

Cell Numbers: All hikers should have these cell numbers in your phone contact list in case you need assistance. Ron 574.215.4779 Thom 269.462.0683 Gary 616.915.3059

PAC NW UPDATE: This has been a very challenging year to price this trip, especially with the airlines. I thought I had a great deal with United Airlines, but then they asked for total payment for all three trips in 48 hours. I didn't have the resources to do that. I am now working on a plan to purchase tickets with help from our group. Everyone on the candidate list will be informed of these plans soon. Thank you for your patience. It's going to be a dynamite trip!

THOM'S TIPS: Each year 75% of our mailing list does not plan to travel or hike with us. This is the **last newsletter** to the full mailing list, only training team members will get the next and remaining *training hikes* newsletters. **Register on a team to keep receiving the bi-weekly training newsletters**, (everyone will continue to get other Coach Gunn updates and announcements). The two training teams are: *Pacific Northwest* and *2023 Training Partners*. [Use the links in the email to jump to the correct place on our website to register.]

