

TO: TRAINING TEAMS
FROM: COACH RON GUNN
DATE: March 29, 2023
574.215.4779

Ron@CairnStoneTours.com

CAIRN STONE HIKERS PREVAIL AT LAWLESS

LAWLESS: Despite some challenging weather we had 96 trekkers reap substantial training gains on two separate hikes at Lawless Park. We have now successfully reached the half marathon level in your training for our lofty goals at Mt. St. Helen and Crater Lake. Special thanks go to Gary Kachur and Thom Janssen for help with aid and a standing ovation for Scott Wyman and Jay Wade at the park for their wonderful support of getting the trails ready and providing warm crackling fires! The Jog Pot was wonderful and was much appreciated by the staff at Lawless Park. *Don't get the big head but you people are great!*

POTATO CREEK: Our next training hike will be held this **Saturday, April 1 at Potato Creek State Park** south of South Bend. This is a popular all trail course and hikes of 14.1, 13.7, 8.7, and 5.2 miles will be set up. **There will be a lecture on trekking pole technique**, training, and a trip update at **9:00AM**. There will be no Jog Pot as you will have to pay at the entrance gate.

DIRECTIONS: Potato Creek State Park, 25601 State Road 4, North Liberty, IN (left after entrance booth, go a few miles, right into *Boat Rental* parking lot. We will meet there.

DRIVING MAPS: Find DRIVING MAP LINKS to the hike and the restaurant in your email.

REHYDRATION STATION: Texas Roadhouse, 4635 S Michigan St, South Bend (13 miles)

TEST HIKE: June 10, 2023 the first of our two *Test Hikes* will take place at **Jordan River Valley**. We had an enthusiastic response that took all 36 block rooms at Shanty Creek in the first two days! **If you are still looking for lodging** Cairn Stone vet Tom Wisniewski has rented a cabin 12 minutes from the trail head and welcomes Cairn Stone trekkers to join him. *"3 beds in loft or 2 bunk beds in basement are available. Total cost \$630.62 split by number of people there."*

First come, first served. Contact Tom: 269.845.6612 or snopro800@comcast.net.



"Traveling--It leaves you speechless, then turns you into a storyteller."

Ibn Battuta