

# CAIRN STONE TRAINING NEWSLETTER

TO: TRAINING TEAMS  
FROM: COACH RON GUNN  
DATE: August 16, 2023  
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## TERRIFIC FINAL TRAINING HIKE!

**ROADRUNNER TRAILS:** Our Cairn Stone hikers did a terrific job on Roadrunner Trails in preparation for our TEST HIKE this Saturday. Twenty three trekkers nailed the 23.4 goal distance for the elite hikes and several others logged impressive mileage. It was a beautiful day for the hike and I really appreciated the hard work of Larry Lies helping set up the course and for Gary Kachur running a very nice aid station. Also thanks to the Elks Club for their support and to Southwestern Michigan College.

**TEST HIKE:** Our next session will be the second of two required TEST HIKES for those wishing to do one of the elite hikes at Mt. St. Helen. The hikes will be this **Saturday, August 19** starting at **7:45AM** at the hiker's parking lot on Upper River Road. We will have a **day pack check** for all elite hike candidates and the inspection will include checks for 6 liters of water and a water filter for securing drinking water. Hopefully everyone will pass and will be on the trail by 8:00AM. Those not needing to qualify and doing a 16.0, 11.4 or 5.6 mile hike should wait until all the elite hike candidates have left to ask questions. You may want to car pool to a drop off point. I will advise and help with directions.

**DIRECTIONS:** Coates Hwy to Upper River road, NE 200 yards to parking. [Driving map link in email]

### TEST HIKE DISTANCES:

<u>DISTANCE</u>	<u>MT. ST. HELEN HIKE</u>
25.4 miles	Full 23.1 mile loop of Mt. St. Helen
24.2 miles	20.5 mile loop of Mt. St. Helen

**CHECK POINTS:** Collect a tag at each check point listed below:

YELLOW	16.6 miles to go	NO AID
GREEN	11.2 miles to go	LIMITED AID
BLUE	5.6 miles to go	LIMITED AID

**NOTE:** Elite hikers will have to report the amount of aid received at the Green and Blue stations.

**MAPS:** Friday reception is from **5:30-6:15PM** at the **Comfort Inn** and course maps will be handed out then and also on Saturday at the hike briefing. I've arranged for the breakfast buffet to start at 6:00AM and I will lead a procession to the trail head leaving the Comfort Inn at 7:00AM.



"I LOVE THE EXCITEMENT OF THE TEST HIKES!  
WHAT A GREAT CAIRN STONE TRADITION."  
COACH GUNN