

CAIRN STONE TRAINING NEWSLETTER

TO: TRAINING TEAMS
FROM: COACH RON GUNN
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WE HAD OVER 80 MADELINE BERTRAND BUSTERS!

MADLINE BERTRAND: We had a good day to build strength and endurance in our final training stages for our PAC NW challenges! **Special thanks** go to Jay, Kathy and Larry for a very well marked course and to Gary for another superb *water hole*.

POTATO CREEK: IMPORTANT (venue change)! Our next training hike has been changed to *Potato Creek State Park* this Saturday, July 22 starting at **8:00AM**. I am currently in the Pacific Northwest to make sure that everything will go well for our trips. Cairn Stone vets, Jay and Kathy Crouch, Larry Lies, Rob Riley, Doug Geissler, and Marlene and Gary Kachur are working hard to orchestrate this training session. *MUCHAS GRASIAS!*

Beautiful all trail courses of 8.7, 13.7, 16.1 and 20.0 miles will be available. Our goal hike distance has been reduced a little because of a slight modification at Mt. St. Helens. There will be no Jog Pot as you pay at the entrance (\$7 Indiana, \$9 others). Modern restrooms will be available at the start and along the course are modern restrooms and vault toilets.

DIRECTIONS: Potato Creek State Park, 25601 IN-4, North Liberty, IN [Enter park, L after entrance booth, go about 3 miles to Boat Rental parking.]

DRIVING MAPS: Find DRIVING MAP LINKS at bottom of your newsletter email.

REHYDRATION STATION: Our suggested rehydration station is *Texas Roadhouse*, 4635 S. Michigan Street. [L at 1st light north of US-20 cloverleaf]

SCHEDULE UPDATES: In case you missed it in the last newsletter, note that our *Tree-Mendous Fruit* hike is now a bonus hike and moved to October 21. Also, I have added a July 29 event, it is a special hike around the LaGrange Valley. [Find the latest Schedule on the website *Newsletters* page. Find the October 21 event flyer on the website *Run-Walk Events* page.]

