

CAIRN STONE TRAINING NEWSLETTER

TO: TRAINING TEAMS
FROM: COACH RON GUNN
DATE: July 1, 2023

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DETERMINED CAIRN STONE HIKERS CONQUER LOVE CREEK!

LOVE CREEK: We had over 70 Cairn Stone hikers get the job done on a very hot day! Smart hiking lead to good training gains by our team. Special thanks go to Dave Dits, Marty and Kathy Flynn and Jay and Kathy Crouch. The Jog Pot was great and Derek Pelc, park director, and his staff were very impressed by our stewardship and support of their park.

PAC NW: I am excited about getting my boots on the ground next week to get questions answered and confirm details for our itinerary. An updated itinerary has gone out in a separate mailing to all Pacific Northwest trekkers.

MADLINE BERTRAND: Our next training hike will be on **Saturday, July 8** at **Madeline Bertrand County Park** in Niles, Michigan. Park officials are opening the gates two hours early in order for us to start at a much cooler **8:00AM**. Course distances of 21.1, 16.1, 10.0, and 6.1 will be set up on this lovely all trail course with the exception of the Haunted 1.1 mile cemetery spur. Our hikers will pay the park entry fee at the gate (\$3 Berrien County residents/ \$5 others). I am planning no lecture so you can get started right away and there are modern restrooms at the start. The projected long term weather forecast calls for a high in the upper 70's.

DIRECTIONS: Madeline Bertrand Park, 3038 Adams Rd, Niles.

DRIVING MAPS for your phone: Find DRIVING MAP LINKS in your email to the meeting place for the hikes and to the rehydration station.

REHYDRATION STATION: Our suggested rehydration station is *Wings, Etc.* just 6 minutes away at 2008 S 11th St, Niles.

SCHEDULE UPDATES: Please note that I am changing our July 22 training hike to *Potato Creek State Park* and I am moving our *Tree-Mendous Fruit* hike to an October 21 bonus hike. Also, I have added a July 29 event, it is a special hike around the LaGrange Valley. Please carefully review the attached flyer and I would love your support! [See attachment]

