## CAIRN STONE TRAINING NEWSLETTER

TO: Grand Canyon Trekkers & Training Partners

**FROM:** Coach Ron Gunn **DATE:** June 1, 2022

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## **DUNES HIKERS DO IT!**

**INDIANA DUNES:** I am pleased that we had a good turnout for this important training hike by offering it over two days. Our day of reckoning at Jordan River Valley for our elite hikers is coming soon on June 18. I love these qualifying challenges and the special hikers involved. Special thanks go to Doug Geissler and Peggy Watts for their help on setting up and taking down the course. And the newly opened Pavilion at our start and finish served as an excellent spot for our rehydration station.

**SAUGATUCK STATE PARK:** Our final training session before our first TEST HIKE will be this **Saturday, June 4 at Saugatuck Dunes State Park** located just north of Saugatuck. The hike will start between **9:00 and 9:30AM** and will have beautiful hike distances of 3.2, 9.6, 12.2, 13.1 and 19.2 miles. There are vault toilets at the start and on the course.

**VOLUNTEER NEEDED:** I will need a volunteer who is doing the 19.2 mile course to start 20 minutes late and pick up course markings on the second lap. The rangers here are very sensitive to markings.

**DIRECTIONS:** Saugatuck Dunes State Park, 6575 138th Ave, Holland, MI 49423 I-196 north to exit 41, follow park signs or use map link in email. (\$17 per car or *Michigan Recreational Passport* on your Michigan license plate.).

**REHYDRATION:** I suggest *Isabel's* or *Saugatuck Brewing Company* in Saugatuck.

GC XII UPDATE: Good News – Bad News. American Airlines has changed our flights which moved up our departure times. We are going to have to get up earlier to make our flight in Chicago. However, the extra time will allow for a better and very cool, short hike at Snow Canyon near St. George. A revised itinerary is included with this newsletter. Also, I am glad I bought our tickets when I did because they would be very expensive now!

**ID REMINDER:** If you haven't sent a copy of your ID to Thom please do it now. We must soon send the passenger lists to American Airlines and that information will be on your ticket and must match your ID. Text or email a copy of the ID you plan to use when we fly – Drivers License or Passport. Include your **TSA PreCheck** number if you have one. (Note: Utah Trekkers only need to submit changes from last year's info.)

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**BONUS HIKE:** With the cooperation of Scott Wyman and Jay Wade at Lawless Park I have added the *Persied Meteor Night Hike* with headlamps. Mark your calendar for **Thursday, August 11** and watch for more details soon.

"The past is your lesson.

The present is your gift.

The future is your motivation."

Unknown

