

TO: Grand Canyon Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: April 21, 2022
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GEARING UP FOR THE BEAUTIFUL LAWLESS CHALLENGE!

LAWLESS: Our next training hike will be this **Saturday, April 23** at **Dr. T. K. Lawless County Park**, 6 miles east of Cassopolis. The all trail hikes will start at **8:00AM** and there will be a very important **lecture** on *Fuel for the Canyon*. Hiking distances will be 6.2, 8.2, 13.1 and 15.0 miles. It looks like a beautiful day with a high of 80°! Modern restrooms are available and trekking poles are recommended. You will use your bug repellent and sun lotion from your day pack. Please pay parking fee into the Jog Pot, not at the entrance gate.

DIRECTIONS: Lawless Park, 15122 Monkey Run St, Vandalia, MI 49095 (M60 to Lewis Lake Road, S to Monkey Run – Lewis Lake Road is about 2 miles east of Vandalia and 4 miles west of Jones)

REHYDRATION: I recommend the cool *Holden Green Tavern* in downtown Cassopolis (across from Broadway Cafe on South Broadway).

YOUR ID: **Canyon Trekkers**, soon we will need to supply American Airlines with names on the seats I have reserved along with final payment. Please email or text Thom with a photo of the ID you plan to use when we fly (Drivers License or Passport). It is important to prevent delays that we have your information exactly as it appears on your ID. If you are not comfortable with this method please call Thom for an alternate way. **Utah Trekkers** do not need to do this as we will use the ID you previously submitted for that trip. 269.462.0683 Thom@CairnStoneTours.com

