

TO: TRAINING TEAMS  
FROM: COACH RON GUNN  
DATE: June 21, 2023  
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## PRISTINE TEST HIKE AT JORDAN RIVER!

**JORDAN RIVER:** We had 96 Cairn Stone hikers test themselves on a great day and their efforts matched the beauty of the day and course. We had 61 qualify for the final TEST HIKE and proudly displayed their patriotic day pack tags at the finish. We also had several complete the 8.6 and 9.5 mile hikes. I've never seen *Deadman's Hill* so *alive* with fired up Cairn Stone hikers! And **big thank yous** go to volunteers Kathy and Marty Flynn, Debbie and Chris Beckman and Arlen Welty! It was also a weekend of great fellowship and I really believed that this helped us galvanize as a team! I really appreciate the sacrifices that everyone made to get there and uphold the high standards of the program!

**LOVE CREEK:** Our next training hike will be this **Saturday, June 24** at beautiful *Love Creek County Park* seven miles east of Berrien Springs. All hikes will start while it's cool at **8:00AM** (they are opening early for us) and hikes of 20.0, 15.0, 10.4 and 5.2 are being offered. There will be no lecture and please pay your park fees into the Jog Pot. The Love Creek staff love our support!

**REHYDRATION:** We will rehydrate at OTI (the *Old Tavern Inn*) in Sumnerville.

**MAPS:** Course Maps will email to you on Friday. Find map links in your email to drive to the hike and to rehydration.

**PAC NW SWEAT TOP:** All PNW Trekkers get one of these great crew neck sweat tops. Please contact me **by Friday noon** if you want me to bring your sweat top to Love Creek. I am happy to bring it to the hike but I do need time to pull your size. [[Ron@CairnStoneTours.com](mailto:Ron@CairnStoneTours.com)]

Those that live too far away to attend training hikes can either pick up their shirt at the *Manistee Test Hike* or send me a prepaid, self addressed priority mail envelope. [142 Conifer Trail, Dowagiac, MI 49047]

As a coach, I care less about your potential and more about what you do with it. The world is full of gifted under-achievers.

Don't waste your gift.

CRAIG HARP

