

TO: Grand Canyon Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: February 24, 2022
574.215.4779

Ron@CairnStoneTours.com



POSITIVE GAINS AT LAKE LAGRANGE!

LAKE LAGRANGE: We had a great turnout tackle this scenic course with our first big hill! Great hustle! Also thanks to all who supported our host Lindy's. Special thanks to Danielle and her staff.

NILES MORRIS FARMS: Our next training hike has been moved to the *Niles Riverfront/Morris Farms* loop. This is one of our early season favorite road courses as it is scenic, has some good hills, and the wonderful facilities of the *Niles-Buchanan YMCA*. We will start and finish at the *Niles Y* with a **9:00AM to 9:30AM** social distance start. Course distances will be 4.7, 7.2, 9.2 and 11.3 miles. Please bring cleats as cold, icy conditions are part of the weather forecast. There will be no lecture but I will be available for questions and coaching.

REHYDRATION STATION: For those that feel comfortable rehydrating I recommend the nearby *Front Street Pizza Pub* located at 510 N. Front St, Niles, MI.

DIRECTIONS: *Niles-Buchanan YMCA*, 905 North Front St, Niles, MI

GRAND CANYON UPDATE: I want to thank Cairn Stone vets, Jay and Kathy Crouch for a recent scout trip they took to the St. George and Kanab, Utah area to help me finalize my plans for our *Grand Canyon XII* trip. They did the *Buckskin Gulch Slot Canyon* hike and loved it! They also scouted a couple of other cool hikes and their extra effort will definitely enhance our trip.

GC XII CONFIRMATION FORM: Answers to questions others have had.

- 1) Ground package (no airfare) deduct \$450 and write in Comments" Deducted \$450 for ground package."
- 2) Dates for trip 2: SEP 28 – OCT 7, 2022
- 3) Sweat tops are cotton polyester blend.
- 4) If you paid two deposits or have overpaid a previous trip please make the deduction and note it clearly in the Comments. We will review and get back to you to confirm or clear up any differences.

