



PNW UPDATES & VENUE CHANGE!

MT. ST. HELEN: I just wanted to assure everyone that I am on top of the Mt. St. Helen mudslide (no pun intended) and we will have wonderful elite hikes at Mt. St. Helen or an alternate site. I will discuss several options at our lecture this Saturday morning.

LAWLESS PARK: [**NOTE VENUE CHANGE**] Our next training hike will be at **Dr. T. K. Lawless County Park** this **Saturday, May 27**. I will have a lecture on *Fuel for Backcountry Wilderness Hikes* and a detailed report on Mt. St. Helen at **7:45AM**. [Updated Schedule attached] At 8:10AM we will start hikes of 18.0, 17.4, 13.1 and 6.2 miles on this beautiful all trail layout. **Please no early or late starts.** There are modern restrooms in the shelter where we will meet. Please pay your entrance fee into the *Jog Pot*. Your support fires up the staff at *Lawless Park* and they give us wonderful support getting the trails ready. Our rehydration station is the cool *Holden Green Tavern* in downtown Cassopolis and they have a great upgraded menu!

DIRECTIONS: 15122 Monkey Run Street, Jones, MI Off M60, south on Lewis Lake Rd. then east Monkey Run.

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: *Holden Green Tavern*, on the main street in Cassopolis. [West on M60 to the stop light in Cassopolis, Left and park within half a block.] Across from the flower shop.

INDIANA DUNES: One cool aspect of hiking is that a cool, overcast day can be great! That's what we had and over 70 Cairn Stone hikers realized significant training gains on this course as beautiful as it is challenging. I am very appreciative of the help of Doug Geissler and Jay and Kathy Crouch for marking the course, to Gary Kachur for a great aid station and to Peggy Watts and Teri Donnelly-Hajek for picking up signs.

ROAD SAFETY: We love our Cairn Stone hikers and it has been brought to my attention that there are some members of our group who have been spread out on road portions of our courses. It is important to stay on the left, and off the road when traffic is approaching, hiking single file is best and alert those in front of you of traffic coming from the rear. [See attachment]

“The outdoors is a free gym that is open 24/7!”

Coach Ron Gunn

