

# CAIRN STONE TRAINING NEWSLETTER

TO: TRAINING TEAMS  
FROM: COACH RON GUNN  
DATE: July 25, 2023

574.215.4779

Ron@CairnStoneTours.com



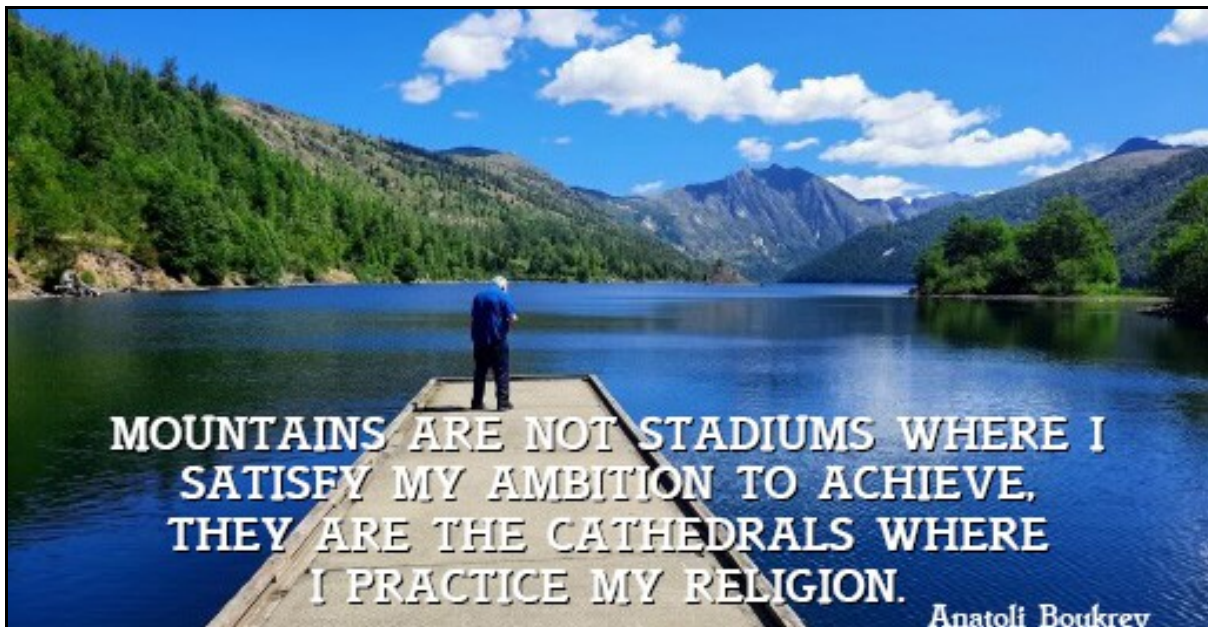
## A POSITIVE REPORT FROM POTATO CREEK!

**SPUD CREEK:** Over 70 Cairn Stone hikers made positive training gains on a hot day on the trails of Potato Creek. In addition to the hard work, Cairn Stone hikers should be commended on their display of good trail etiquette during the triathlon and with the horse back riders. Many thanks to those who orchestrated the training hike in my absence while I am making a final check on our PAC NW trips. Volunteers include Jay and Kathy Crouch, Larry Lies, Rob Riley, Dough Geissler, Ginger Riley, and Gary and Marlene Kachur. ***Muy Bueno!***

**LAGRANGE VALLEY:** Our next training session will be this Saturday morning, **July 29**. It will be a bonus hike meeting at **Lindy's Restaurant at 9:00AM** and will include hikes of 11.4, 10.2, 6.7 and 3.1 miles. The hikes will be staged around the beautiful *LaGrange Valley Conservation* area on winding, quiet,, scenic roads and some gravel. This event is helping to support the *LaGrange Valley Conservation Project* and all Jog Pot donations will be donated to the project. I am excited about this bonus hike and I will be there hoping for a large turnout. This run/walk event is also available to anyone in the community so bring your friends with a big heart. Lindy's obviously has modern restrooms and will be our rehydration station. A complete description is attached.

**DIRECTIONS:** Lindy's Restaurant, 57983 M-62 Cassopolis, MI. Find **DRIVING MAP LINKS** at bottom of your newsletter email.

**PAC NW UPDATE:** At **8:40AM** I will give a Pacific Northwest trip update in Lindy's parking lot. The restrooms may not be open yet but they will be by 9:00AM if not before. I have some exciting information to pass on. ***FIRE UP!***



MOUNTAINS ARE NOT STADIUMS WHERE I  
SATISEY MY AMBITION TO ACHIEVE,  
THEY ARE THE CATHEDRALS WHERE  
I PRACTICE MY RELIGION.

Anatoli Boukrev

