

CAIRN STONE TRAINING NEWSLETTER

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TO: Grand Canyon Trekkers & Training Partners
FROM: Coach Ron Gunn
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GREAT START AT LOVE CREEK!

LOVE CREEK: Our training program got off to a great start on our scenic quiet road course on Jones Road. The weather was brisk but low wind made it a very hike-able day. We had a fired up turnout of 70 including 14 rookies who attended a special equipment lecture. Special thanks to *AID STAR* Gary Kachur and registration monitor Thom Janssen. The Love Creek staff was very happy with our JogPot donation.



HIKE THE JACK! Our next hike will be my *Hike The Jack* tour of the eleven beautiful sculptures and two historic mansions of Dowagiac plus a scenic loop on a quiet gravel road around the Mill Pond. This is an alternate hike for our scheduled Roadrunner Trails hike. The trails are covered with snow and the forecast does not bode well for using the trails. We will still meet at the Elks Club and we will have a social distance start between 9:00 and 10:00AM.

LECTURE: I plan on doing an outdoor lecture in the parking lot from 9:00AM to 9:30AM. The lecture topic will be HOF Tear and Repair training and comments on the Grand Canyon Trip Itinerary. I will ask those attending the lecture to social distance and mask.

DISTANCES: The hike distances will be 10.1, 7.2 and 6.0 miles. There are modern restrooms available both at the Elks Club and at Olympia Book Store in downtown Dowagiac along the route. We did this hike last year and everyone seemed to enjoy it. I will also award a special colorful *Pathfinder Award* to everyone who is able to read the map and locate all 11 sculptures and the two mansions. After I sign the certificate the value will soar! Ha Ha!

REHYDRATION STATION: I recommend *The Wounded Minnow* in downtown Dowagiac.

DIRECTIONS:

Elks Club, corner of Hill Street and Riverside Drive, Dowagiac, MI
The Wounded Minnow Saloon, 234 South Front Street, Dowagiac, MI

GRAND CANYON ITINERARY: I am very excited about this signature trip of Cairn Stone Tours. The dates for our two tours is posted on the website and are: **SEP 16-25** and **SEP 29-OCT 7**. We will spend the first two nights in Kanab, UT and the next two nights at the North Rim, the next three nights at the South Rim and the last two nights in Phoenix. I have some crackerjack hikes lined up in all four locations, including the wonderful *Buckskin Gulch* slot canyon. I am still working on flights and lodging.

NOTE ON EMAILS: Training newsletters will stop going out to the large mail list after this one. The remaining 2022 training newsletters will be sent only to registered members of the two training teams (*Grand Canyon* or *Training Partners*). Forms for both teams are available on the website. Contact Thom@CairnStoneTours.com with any questions or if you want to come for a guest hike.

