

CAIRN STONE TRAINING NEWSLETTER

TO: TRAINING TEAMS
FROM: COACH RON GUNN
DATE: April 27, 2023
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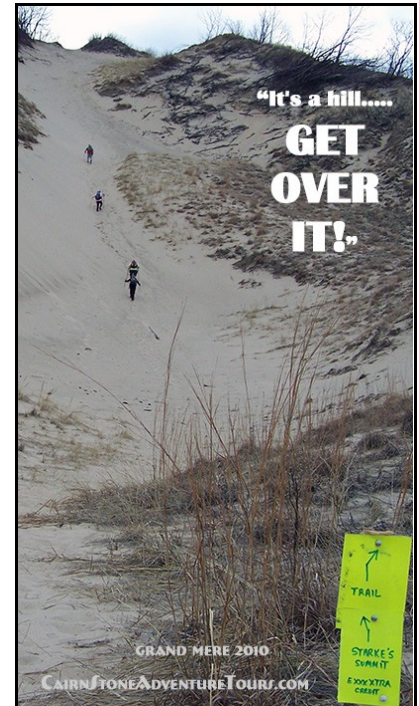
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CAIRN STONE HIKERS STRONG IN SWISS VALLEY RETURN!

SWISS VALLEY: 103 Cairn Stone hikers tackled our return to Swiss Valley with *mucho gusto!* I was very proud of their attitude and the training gains are definitely there! Special thanks to Thom Janssen who did a yeoman's job of clearing and setting up the course. Jim Brandner also did an excellent job of clearing and setting up the *Vista Point* extra credit! I also appreciate the help of Mary Pajot, Doug Geissler and John Mikos in cleaning the restrooms. And a wonderful salute goes out to Jamie Stafne for her wonderful help in hosting the hike at Swiss Valley. The Jog Pot was super and very helpful!

GRAND MERE: We continue our triple header of *cardiac stretcher* training hikes with a beautiful but challenging hike at *Grand Mere State Park* near Stevensville, Michigan this **Saturday, April 29**. I will conclude my lecture on trekking poles at **8:30AM** and at 8:45AM hikes of 15.4, 9.1 and 7.3 will be conducted. We will start and finish at *North Lake Park*. The restrooms may not be open but there are vault toilets at the *Grand Mere State Park* parking lot at the 1.2 mile mark.
DIRECTIONS: *North Lake Park*, 3600 Grand Mere Road, Stevensville, MI 49127.
DRIVING MAPS: Find DRIVING MAP LINKS to the hike and rehydration in your email.



REHYDRATION STATION: *The Red Barn Brewery & Public House*, 9151 First Street, Baroda, MI 49101 (11 minutes) *Great food and drink!*

"One of my best coaches once said, '*if you are on time for practice you are late!*' We go on *Lombardi time*, which is always 3 minutes early. I like this rule, it helps me as a coach, and to get to the rehydration station in time to enjoy fellowship with our team. *Thanks for your cooperation!*"

Coach Gunn

