

**TO:** Grand Canyon Trekkers & Training Partners

**FROM:** Coach Ron Gunn

**DATE:** July 28, 2022

574.215.4779

Ron@CairnStoneTours.com

## CAIRN TREKKERS WORK HARD AT LOVE CREEK & JORDAN RIVER!

**LOVE CREEK:** We had a strong turnout gain valuable conditioning as we enter the homestretch. It got warm and humid in the later stages but everyone handled it well. Special thanks to Marty and Kathy Flynn, Gary Kachur, Tom Wisniewski, Tracy Nelson and Derek and Ramanda at Love Creek for their great help! The Jog Pot was strong and appreciated by Love Creek!



**JORDAN RIVER:** Our makeup hike went very well as we added four qualifiers and four provisional qualifiers for the Manistee TEST HIKE. We also had three people enjoy shorter hikes on this beautiful venue. I also appreciated Robert Baldyga hanging out with me at the finish to make sure everyone made it to the finish OK on a hot and muggy day.

**ROADRUNNER TRAILS:** Our next training hike will be this Saturday, July 30 starting at the Dowagiac Elks Golf Course between **8:00 and 8:30AM**. There will be a **short lecture** on trip updates at **8:00AM**. Course distances will be 22.4, 20.0, 16.0, 10.0, and 8.0 miles. Clean, modern restrooms are available inside the Elks clubhouse. The 22.4 mile course will include three elite extra credit loops tagged onto the main course. It will not be necessary to go out on the Mill Pond Loop on the road – this is all trail. The weather forecast looks very favorable with a high of 81°. Cold beverages and sandwiches will be available at the Elks or I suggest the *Wounded Minnow* in downtown Dowagiac for post hike rehydration.

**DIRECTIONS:** Elks, (on corner of Hill Street and Riverside Drive, south of Riverside Cemetery)

**MANISTEE:** Need a roommate or ride? Contact: Thom@CairnStoneTours.com 269.462.0983

“One very important thing that my family, college student-athletes and Cairn Stone family has taught me is **YOU ARE NOT YOUR AGE, YOU ARE YOUR ENERGY!**”

Coach Gunn

