

CAIRN STONE TRAINING NEWSLETTER

TO: TRAINING TEAMS
FROM: COACH RON GUNN
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CAIRN STONE HIKERS GRADE BIG AT TEST HIKE!

MANISTEE: We had 72 fired up hikers complete the TEST HIKES on a great weather day! I appreciated everyone's participation. Special thanks go to Dee Curtis and Heather Birky for a great job of marking the course and hosting two checkpoints. Also special thanks to Tyler Dits and his friend Ray for the aid station at the bridge. Also thanks to Doug, Daryl, Diane and Robert for their extra effort.

SAUGATUCK ZIG ZAG: Our next session will be *the hay is in the barn tuneup hike* at Saugatuck this **Monday, September 4 at 10:00AM**. The primary distance is 6.9 miles with optional mileage along the beautiful Lake Michigan bluff. This is one of my favorite hikes in the world and will serve as a great taper hike before our Mt. St. Helen challenges. And the weather on the lake looks very good with the temperatures in the 70's during the hikes.

As is tradition, I will grill *Ball Park All Beef Franks* at the finish - "get your red hots here!" Participants are encouraged to bring a dish to pass for a rehydration station pot luck.

DIRECTIONS: Mt. Baldhead Park,

PAC NW UPDATES: A final information memo will be released soon. It will include a final itinerary and maps for most of our hikes. Please print and bring with you on the trip in order to lighten my load.

3rd TRIP TRAINING HIKE: Heather Birky and Doug Giesler plan to host a 10 – 15 mile hike on Saturday, September 16 at Potato Creek State Park starting at 8:30AM. More details will be emailed later. Thanks, Heather and Doug!



"I am fired up for 'wheels up' to the Pacific Northwest!"

Coach Gunn