

TO: Grand Canyon Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: August 31, 2022
574.215.4779

Ron@CairnStoneTours.com

CAIRN HIKERS WERE *BAD ASS* AT LAWLESS!

LAWLESS: I was really proud of our hikers at Lawless Park this past Saturday! They demonstrated true grit on our longest course of the year to date, and this is a tough challenge! Special thanks to Scott and Jay at Lawless and also to Gary and Thom for their aid station help. And many people were very generous to the Jog Pot and their support of this gem of a park – Lawless!

BONUS ZIG ZAG HIKE: Our next hike will be a short tune up 6.8 miles at **Saugatuck** this **Monday, September 5**. The weather forecast looks great: 77° and partly sunny. The hike will have a **10:00AM sharp start** and will consist of 6.1, 6.7 and 6.8 mile course distances. In addition to the trail hike there is also a 6.2 mile hike along the beautiful bluff along Lake Michigan. However, you will probably miss my delicious hot dogs.

It has been a tradition that I do a run or hike on Labor Day in Saugatuck since the early 80's with my cross country teams and the *Monday Night Running Club*. This is a gorgeous low keyed hike prior to our TEST HIKE. I will charcoal grill *Hebrew National All Natural Uncured Beef Franks* for those who feel comfortable staying to eat. I will also provide wrapped buns, packaged potato chips and a variety of beverages including water, pop and wheat juice. Condiments and chopped onions will be available but bring your own if you feel uncomfortable with this.

I look forward to seeing everyone!

FIRE UP for the Grand Canyon!

DIRECTIONS: Mount Baldhead Park, 735 Park St, Saugatuck, MI (Meet in shelter) [Map link in email]

MANISTEE: Need a roommate or ride? 1 hotel room available & 1 bed in house w Tom W's crew.

Contact: Thom@CairnStoneTours.com 269.462.0983

