

CAIRN STONE TRAINING NEWSLETTER

TO: TRAINING TEAMS
FROM: COACH RON GUNN
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KIND HEARTS RULE AT LAGRANGE VALLEY!

LAGRANGE: 50 altruistic hikers showed up to enjoy this beautiful hike around the *LaGrange Valley*. The weather actually turned out very well for these hikes to raise awareness and funds for this conservation project. **We did raise \$372** (which was matched) from our generous donors. Special thanks go to Gary Kachur and Thom Janssen for their extra effort on this project! Also a tip of the hat to our host *Lindy's Restaurant*. [More on their local projects at <https://swmlc.org>]

ROADRUNNER TRAILS: Our next very important training session will be conducted this **Saturday, August 5** at the **Dowagiac Elks Club**, with the restrooms open by 7:45AM. An important course briefing and update on Mt. St. Helen hikes will be given in the **parking lot at 7:40AM** and our hikes of 23.4, 20.0, 16.0, 10.0 and 8.0 miles will start at 8:00AM.

ALL TRAILS: I am pleased to say that I am able to set up all hikes on the trails and there will be no hiking on the roads going around the Mill Pond as we have traditionally done. There will be a series of 4 elite extra credit loops on the course to get the extra mileage. There is no way to make 23.4 miles easy but I feel this course will get the job done. The **Course map** is attached for you to print and bring to Saturday's hike.

EXTRA WATER: I am also asking **all elite hikers** who are qualifying for the 22.7 mile (feels like 30) hike at Mt. St. Helen to carry extra water on training hikes. **Pack 6 liters of water** and double your electrolyte supply to match what you will need to carry on the Mt. St. Helen hike. Mt. St. Helen trails are open but it is going to be a challenging adventure for our elite hikers. I will go into detail at our Pacific Northwest hike briefing at 7:40AM.

DIRECTIONS: Elks Club, corner of Hill Street and Riverside Drive, Dowagiac, Michigan. Please park closest to Hill Street. Wounded Minnow, 234 S Front St, Dowagiac, Michigan (parking available across from Wounded Minnow) [Find **DRIVING MAP LINKS** at bottom of your newsletter email.]

REHYDRATION: I recommend the *Wounded Minnow* in downtown Dowagiac. They also have a patio area for outside dining.

TRAINING PARTNERS: All PNW trips are full and it's very late in the season, so this is rare. One couple on Trip 3 have time conflicts with their business and are willing for two persons to go in their place. If you've been training and are Interested call Thom. 269.462.0683

