

CAIRN STONE TRAINING NEWSLETTER

TO: TRAINING TEAMS
FROM: COACH RON GUNN
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GREAT DAY AT GRAND MERE!

GRAND MERE: GREAT DAY! GREAT COURSE! GREAT PEOPLE! GRAND TRAINING BENEFITS!

We had 87 fired up Cairn Stone hikers accept the challenge of this course! And a very special thanks to Dave and Karen Laetz for a great job of setting up and taking down the course! And the Jog Pot was very helpful!

INDIANA DUNES: Our next training hike will be Saturday, May 13 at Indiana Dunes State Park just north of Chesterton, Indiana. The hike will start at 9:00AM (CDT) with no lecture and distances of 5.0, 8.5 and 17.0 will be offered on this challenging but scenic course. There will be no Jog Pot as there will be a park admission fee (\$7 Indiana or \$12) at the entrance. We will meet in the main parking lot near the Beach Pavillion. There are modern restrooms at the start and at the Nature Center on the course.

DIRECTIONS: West on I-94 or US20, north on IN49. Just north of US20 stay straight to cross over US12, follow road into the park. Pay fee at park entrance gate (per car \$7 IN or \$9 others).

DRIVING MAPS: Find DRIVING MAP LINKS to the hike and to rehydration in your email.

REHYDRATION STATION: I highly recommend the Shoreline Brewery in Michigan City. It is very easy to get to from the park.

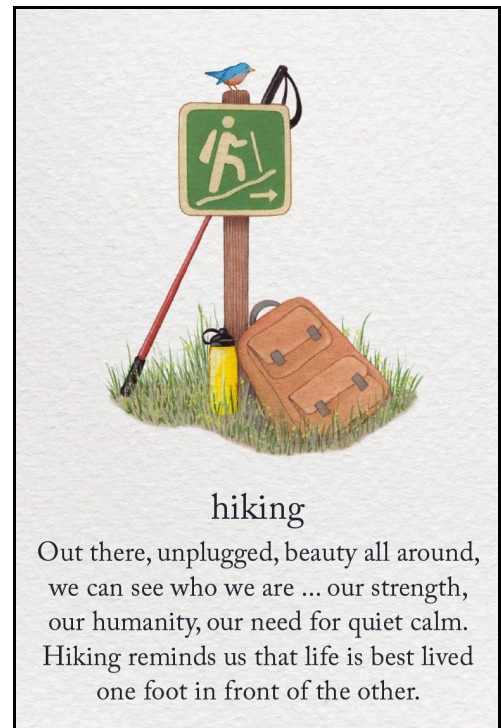
TEST HIKE: This newsletter is coming out early because I have had some challenge finding a host hotel for our Manistee Test Hikes. I started over a month ago and found that our usual host hotel the *Holiday Inn* in Cadillac could not provide enough rooms. After an exhaustive search the new *Comfort Inn and Suites* in Cadillac will be our host hotel. Your room includes hot breakfast and they have an indoor pool and fitness center. They will open breakfast early for us on Saturday.

I initially have a block of 20 rooms until July 18 at \$219/night (plus tax) with two night minimum. Rooms will go fast and please call me if you find no rooms available. I will try to expand the block for more rooms and let you know. [Use the link in the email to book directly online or call 231-779-2900 and identify as part of the *Cairn Stone Hiking Club*.]

We are usually there after Labor Day and this likely is, at least partly, why the rates are higher than last year.

Booking as an individual using one of the hotel finders you may find a less expensive hotel option and for those that camp you will find good options in Cadillac or near the trail head.

[Two options are: Mitchell State Park 231-775-7911 and Seaton Creek Campground 231-723-0141 (just north of our start)]



hiking

Out there, unplugged, beauty all around, we can see who we are ... our strength, our humanity, our need for quiet calm. Hiking reminds us that life is best lived one foot in front of the other.