

CAIRN STONE TRAINING NEWSLETTER

TO: TRAINING TEAMS
FROM: COACH RON GUNN
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GOATS ARE GREAT AT LAWLESS CHALLENGE!

LAWLESS PARK: The goats on the course at Lawless were great but our hikers were even greater! It was a wonderful day to reap super training benefits from this challenging course! Special thanks to Jay and Kathy for their help on laying out the south course across *Monkey Run Street* and to Gary for his hustle on the bridge aid station. I also appreciate important support from Thom and Tim. And I appreciate all those who support the Jog Pot, it goes a long way toward keeping the doors open at our many hike venues. The park directors where we hike appreciate our support and see that we are good stewards of the trails. Park Director Scott Wyman and his staff are very impressed by your donations and good trail stewardship!!

JORDAN RIVER VALLEY: I am really fired up for our first big TEST HIKE this weekend. The weather looks good and hopefully the Canadian forest fire smoke won't hinder our hikes. I will see you in **room number 206** for our reception at the *Lakeview Hotel*. There will be no Jog Pot for the TEST HIKE.

ATTACHMENT: Attached for your convenience is the *TEST HIKE description* with complete details (sent out in March).

DRIVING MAPS: For your phone: Find DRIVING MAP LINKS in your email to *Lakeview Hotel* and to the *Deadman's Hill Trailhead*.



SWEAT TOPS: This is the first time in history of our program that we have awarded a crew neck sweat top. They have a giant redwood, an evergreen, Mt. St. Helens with vapor trail. FIRE UP! [NOTE: Sweat Tops go to all Pacific Northwest tour participants and to any Training Partner or Guest that purchased one.]

“I appreciate everyone's support of the high standards of our TEST HIKE program.”

Coach Ron Gunn