

CAIRN STONE TRAINING NEWSLETTER

TO: Grand Canyon Trekkers & Training Partners
FROM: Coach Ron Gunn
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SUPER HIKE AT SAUGATUCK!

ZIG ZAG: We had over 40 fired up Cairn Stone hikers enjoy beautiful hiking weather on this gorgeous course. And the char grilled *Nathan's* franks were a big hit on our riverside deck. **Special thanks** to Dee Curtis and Heather Birkey for their extra credit on setting up the course the day before and to Marty Flynn for his help with the *Red Hots*! And the Jog Pot was amazing! *Muchas gracias!*

MANISTEE TEST HIKE: This is the most exciting time of the year for me as all of our hard training athletes test their skills on this beautiful but challenging course. We will have an information reception at the *Holiday Inn* in Cadillac starting at **5:30PM on Friday**, September 9 with important **pre hike instructions at 6:00PM**. This meeting will be held outside in the grassy area at the west end of the *Holiday Inn*. I suggest bringing a chair. The *Holiday Inn* has given us an early 6:30AM breakfast and **I will lead a caravan to the start at 7:15AM**. Our hikes will start from 8:00AM to 8:30AM with a day pack check at the *Hikers Parking Lot* on Upper River Road. Please, no early or late starts and **everyone must sign in** at the start, at each check point and at the finish. Also, there will be **no Jog Pot** as everyone has been very generous and I want to thank you.

DIRECTIONS: [See Driving Map links in your email.]

CANYON TREKKERS: Everyone should carry a water filtration system in Arizona. There are several good filter systems, but the one I can recommend is the *Sawyer Squeeze Filter*. The *Sawyer* filter systems are light weight, compact and work extremely well. View all their products at <https://www.sawyer.com>.

*"Live for the moments that you can't put into words.
That's what trekking in the Grand Canyon is all about."*

Coach Gunn



Painting by Cairn Stone vet, Bob Williams

