

**TO:** Grand Canyon Trekkers & Training Partners  
**FROM:** Coach Ron Gunn  
**DATE:** August 9, 2022  
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## CAIRN HIKERS DOMINATE ROADRUNNER TRAILS!

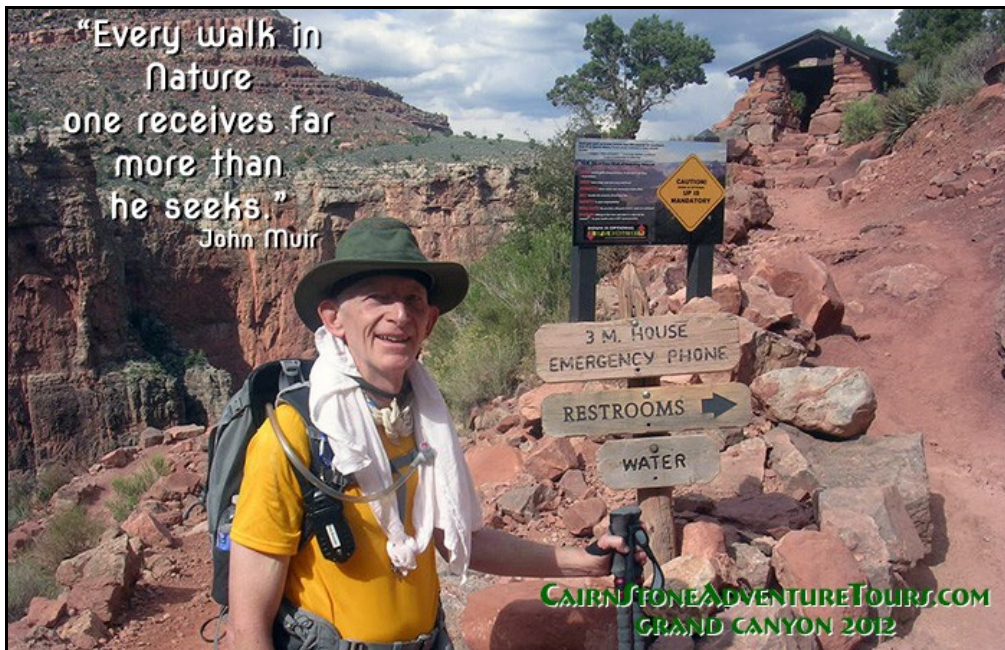
**ROADRUNNER TRAILS:** A big turnout chewed up an enhanced Roadrunner Trails course and built strength and endurance for the Grand Canyon hikes. Special thanks go to Jay and Kathy Crouch, Larry and Terri Lies, Gary Kachur, Matt Stack and Ray Klomes of the Elks. And I truly appreciated everyone who contributed to the Jog Pot.

**NIGHT HIKE:** Our first planned night hike will be conducted this **Thursday, August 11 at Lawless County Park**. We will meet at **8:30PM** for a short presentation on the Perseid Meteor Shower and then we will don our headlamps to hike a 5.1 mile special course and observe the meteor show. The weather forecast for Thursday is 78 and partly sunny. It should be fun. Lawless park has modern restrooms. [15122 Monkey Run Street, Jones, MI ]



**MADLINE BERTRAND:** Our next training hike will be this **Saturday, August 13 at Madeline Bertrand County Park** south of Niles. We will have an open start **between 8:00AM and 8:30AM**. Course distances will be 22.4, 12.4, 10.0 and 6.1 miles. A 24.8 course will also be available but as your coach I don't feel it will be necessary. (I'm bumping it up to 24+ miles at Lawless Park, our last major HOF training hike before our Manistee *Test Hike*.) Please pay your entry fee at the entrance gate (\$3 Berrien County or \$5 others). There are modern restrooms. The suggested rehydration station is *Wings Etc.* at 2008 S. 11<sup>th</sup> Street in Niles.

**DIRECTIONS:** Madeline Bertrand Park, 3038 Adams Road, Niles



**MANISTEE:** Need a roommate or ride? Contact: Thom@CairnStoneTours.com 269.462.0983