

CAIRN STONE TRAINING NEWSLETTER

TO: Grand Canyon Trekkers & Training Partners
FROM: Coach Ron Gunn
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CAIRN TREKKERS HIKED THE JACK!

SCULPTURE HIKE: Our hikers did a great job on the *Hike The Jack* tour of Dowagiac! Lots of *Pathfinder Award* winners! Special thanks to Jay Crouch, Gary Kachur and Doug Geissler for their help. And also a big thank you to Dawn and Ray at the Dowagiac Elks for super clean restrooms and a warm registration area.

LAKE LAGRANGE: This is a venue change for our next hike this **Saturday, February 12** at Lake LaGrange **starting at Lindy's Restaurant**. This is a change because of poor trail conditions at Russ Forest Park. There will be a social distance start between **9:00AM and 10:00AM**. Courses of 11.4, 10.2, 6.7 and 4.0 miles will be offered. This is an excellent substitute course as except for the first 0.4 mile the course is on quiet, scenic, winding country roads around the Lake LaGrange wetlands. Hundreds of Sandhill Crane were seen here in the past week, it's always a bonus to see these majestic birds. How can you not like hiking on a street named *Slipper* or looking on a Walden like scene from Point Park overlooking Kelsey Lake.

LECTURE: At 9:00AM I will do a lecture on HOF training for the Grand Canyon and go over our itinerary for the trip. I really appreciate everyone who attends. The lecture will take place outside in the parking lot. Please wear a mask and social distance to protect each other.

REHYDRATION STATION: For those that feel comfortable rehydrating I recommend our host Lindy's. They have great food and drink and are providing clean, modern restrooms. If you can't stay I would appreciate it if you would thank Danielle and her *fired up* staff for opening early and hosting.

DIRECTIONS: Lindy's Restaurant, 57983 M-62, Cassopolis, MI

GRAND CANYON UPDATE: I am pleased that I have made exciting progress on our trip itinerary and I am eager to share it Saturday. I will also have a flier for both trips with costs soon.

GRAND CANYON OR BUST!

