

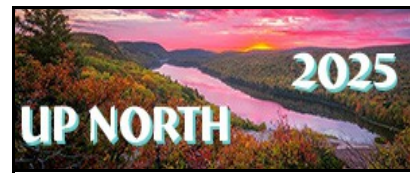
CAIRN STONE 2025 NEWSLETTER

TO: UP NORTH & TRAINING PARTNERS

FROM: Coach Gunn

DATE: August 19, 2025

574.215.4779



Ron@CairnStoneTours.com

CAIRN STONE HIKERS ARE THE BEST!

POKAGON PARK: Our Cairn Stone hikers displayed great guts on our Pokagon State Park challenging course under some extremely warm conditions – Bravo! Special thanks go to Larry and Terri Lies, Heather Birky and Thom Janssen.

VENUE CHANGE: Our next training hike and final TEST HIKE has been changed to **Dr. T. K. Lawless County Park** and will be this **Saturday, August 23** starting at **7:00AM** for the 18.0 mile TEST HIKE candidates. All others have an open start between 7:00am and 8:00am for hikes of 6.0, 13.1 or 18 miles. Your generous donation to the Jog Pot is very much appreciated as it helps maintain our goodwill with the park. I know this is a big change in our schedule. Jamie at *Swiss Valley* called to inform me of construction work on the ski slopes and that it was not safe to hike there this year. This is our second and last TEST HIKE. Those that want to do the 20.5 mile loop hike on Grand Island are required to prove themselves at either the Grand Mere hike or this one. The projected high temperature for Saturday is 78 and the earlier starting times will help offset the warm weather. I will monitor everyone's condition at about 13.4 miles for safety purposes. The modern restrooms at the start will be open.

DIRECTIONS: Lawless Park, 15122 Monkey Run, Jones, MI (M-60, S on Lewis Lake Road)

REHYDRATION STATION: I recommend the new Indian restaurant in downtown Cassopolis called *Taj Bar & Grill*. It has all the adult beverages and traditional bar food as well as a wide variety of tasty Indian food. While the food is great and they can accommodate our large group, my reasons are also selfish as I would like to see this restaurant be a success in our community.

SCOTLAND REUNION: We had a great turnout and everyone enjoyed the good fellowship, tasty food, inspiring slideshow and the beautiful long sleeve shirts and sweat tops! Kudos to Ray Klomes, Zana Klomes, Susie Gendron-Curtis and Rose Scherr of the Elks, Thom Janssen, Allie and Lovee Kaminsky and all those who supported the Jog Pot in their usual generous and supportive attitude! And I really appreciate the cool cards and thoughtful gifts (See photos on right). They really fire me up! Among the gifts were fresh caught Walleye which I will thoroughly enjoy with my family.

NOTE: I will have **shirts/sweat tops** at this hike and the next **for pickup**. Those that cannot pick up their shirt/sweat top need to **mail** me a prepaid self addressed Priority Mail envelope (shirt) or side loading box (sweat top).

[Ron Gunn, 142 Conifer Trail, Dowagiac, MI 49047]



"I am fired up about the amazing attitude of our Cairn Stone family! I think I could obtain registered trademarks for JOGPOT and TEST HIKE. They are truly unique."

Coach Gunn