

# CAIRN STONE TRAINING NEWSLETTER

**TO:** Utah Trekkers & Training Partners  
**FROM:** Coach Ron Gunn  
**DATE:** February 5, 2020

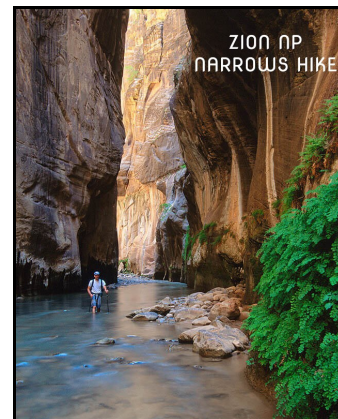
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## GREAT HIKING WEATHER PLUS COOKIES!

**MORRIS FARMS:** This actually was a great day to hike as mild temps and no wind or snow on the roads enhanced the route. And our windmill cookies took a backseat to our wonderful, traditional stop at the Metzger's en route for Dan's delicious homemade cookies! Special thanks to Don McCay, Jim D'Haenen's, Jay Crouch and the super staff at the *Front Street Pizza Pub* led by Sarah. And thanks to everyone who supported our rehydration station!



**LOVE CREEK:** Our next training session will be this **Saturday, February 8** at **Love Creek County Park**. At **9:00 AM** there will be a lecture on training poles, our hikes in Utah requiring Test Hikes and HOF training. At 9:30 AM our hikes ranging from 5 to 10 miles will start. We will hike on the beautiful, winding and quiet roads that surround the park, including Jones Road, a designated state scenic road. Please pay your Park entry fee to the Jog Pot in the Lodge and remove cleats before coming into their beautiful facility.

**MEET:** Love Creek, 9292 Huckleberry Road, Berrien Center, MI 49102

**REHYDRATION STATION:** We plan to rehydrate at OTI, the Old Tavern Inn, in Sumnerville following the hike. 61088 Indian Lake Road, Niles, MI 49120 (Just 9 minutes from the park.)



**BEST OF UTAH III:** Because of popular demand I have added a third trip to Utah this fall. The dates are **October 3 – 11**. All three trips will enjoy great hiking weather. Our trip rosters should be available this Saturday at Love Creek. This is a wonderful adventure and it was a no-brainer to add a third trip.

[Friendly reminder: 2<sup>nd</sup> payment is due by FEB 11. Gracias!]

