

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: September 10, 2020
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CAIRNSTONEADVENTURETOURS.COM



SUPER DAY AT SAUGATUCK!

SAUGATUCK: We had 30 fired up Cairn Stone Trekkers enjoy marvelous weather on this beautiful course. Many even ate a *red hot* at the end of this traditional Labor Day hike. Special thanks to Jay and Kathy Crouch for their help on setting up the course also to Gary Kachur for the *serve yourself* aid station. And I really appreciate the generous Jog Pot!

GRAND MERE: Our next training hike will be at **Grand Mere State Park** near Stevensville, Michigan. Beautiful but challenging hikes ranging from 7.9 to 21.8 miles start at **Rotary North Lake Park** with a social distancing start from **8:00AM to 9:00AM**. The restrooms at North Lake Park will be open. *Please don't come after 9:00AM* as I plan to have a designated hiker leaving to pick up the course signs and flags at 9:15AM.

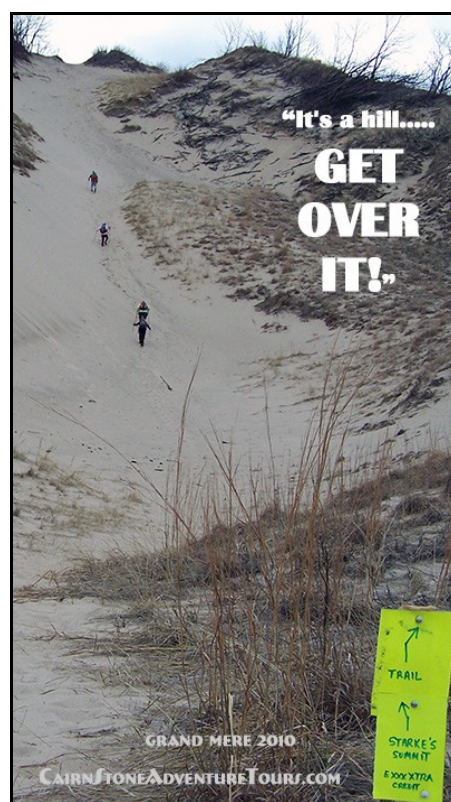
DIRECTIONS: North Lake Park, 3600 Grand Mere Rd, Stevensville, MI 49127 (From Stevensville west on John Beers Road, cross I-94, stay on Grand Mere Road to the park. From I-94 take exit 22 (Stevensville/John Beers), west on Grand Mere Road to park.)

“Utah is not a cakewalk!”

Coach Gunn

REHYDRATION STATION: I recommend going to nearby (10 MIN.) Baroda, Michigan for a stop at the new *Chill Hill Winery* (8986 1st Street) for some great wine and hard cider before dining down the street at the *Round Barn Public House* (9151 1st Street) for dinner [A Coach Gunn and Cairn Stone vets favorite]. The owners of the really cool *Chill Hill* are great supporters of my hike at Lemon Creek and we actually hike on a lot of their property. Be sure to tell the owners that you are *Fired Up Cairn Stone hikers!* Thanks for your consideration and maybe I will see you there.

DIRECTIONS: Cross I-94, continue east on John Beers Road, R on Stevensville Road, L on Lemon Creek Road, R on First Street in Baroda.



CHILL HILL WINERY

