

TO: Utah Trekkers & Training Partners  
FROM: Coach Ron Gunn  
DATE: May 11, 2020

574.215.4779

CAIRNSTONEADVENTURETOURS.COM



## SPECTACULAR STROLLS AT SPUD CREEK!

**POTATO CREEK:** We did have spectacular weather for our trekking at Potato Creek State Park. Once again we spread our hike starts out over two days to promote social distancing for safety and I felt it went very well. Big thank you to Jay and Kathy Crouch and Craig Clapper for their help on course set up and to Ginger Riley and Gary Kachur for course sign pick up and course monitoring. It was a bonus day for our hikers as there was no admission fee or Jog Pot. I received a lot of positive comments on the new course which allowed for more trails and less horse trails and bike paths. It also warmed my heart that most of our hikers on Saturday responded very well to the vandalism to our course markings by getting out their maps and finding their way. That is awesome! Our trekkers are going to need those skills for our backcountry hikes in Utah, the Grand Canyon, and Scotland.

**TREE-MENDUS FRUIT:** Our next training session will be held at *Tree-mendus Fruit Farm* just west of Indian Lake and 6 miles west of Dowagiac, on **Saturday and Sunday, May 16 and 17**. This is a very popular Cairn Stone course and will be marked and ready to go at 8:00AM each day. It would be helpful to me if everyone could get started by 3:00PM each day. We are guests of the Schilling, Teichman and Ferry families and the new owners of the market area. The featured hikes will be 5.8, 9.0 and 14.6 miles and there are no restrooms available. The Jog Pot proceeds will go to the Teichman family.

**Course maps** will be emailed to all Utah and Training Partners on Friday afternoon.

**Please remember** everyone must sign in and out and that all guests are limited to **one free trial** – *thank you*.

**Please bring your own water and aid.** I may be at the start to help but please keep your two meter distance at all times including on the trails. **Don't forget** bug repellent, sun screen and to check for ticks.

**DIRECTIONS:** Tree-mendus Fruit Farm, 9351 E. Eureka Rd, Eau Claire, MI 49111

**JORDAN RIVER VALLEY HIKE:** I have put together hike options (3.2 to 18.7 miles) at Jordan River Valley to replace Devil's Lake for this year for all those who feel comfortable about doing it. Please see attached for complete details on this great bonus hike.

**ARTIST NEEDED:** I am looking for an artist or creative computer person to do an illustrated map of our *Sandhill Crane* half marathon course. I want to enhance our map and this is a paid position.

**HIKING STRENGTH:** I have long believed that peripheral and core strength are very important in long distance wilderness hiking. In fact, I feel that it is the factor that makes the Grand Canyon *Rim to Rim* hike a tougher challenge than running a marathon. The Covid-19 crisis has eliminated our lectures on power training and core strength so I am sharing a good article on this topic from Rob Riley. A lot of us have some free time to put this to use to help conquer future hikes.



# CAIRN STONE TRAINING NEWSLETTER

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**REVISED UTAH PAYMENT SCHEDULE:** Everyone's cooperation and support has been extremely helpful and inspiring to me. Our payment schedule has been updated and should make it much easier for everyone. Thus far we have had only two people drop and we had added to the wait list. Your support makes it so much easier for me to go ahead and change all of our reservations with the airlines, hotels, bus companies, Antelope Canyon and Test Hike sites.

My dear accountant Katrina is a little swamped right now but we should be right back on track soon.

***FIRE UP FOR UTAH 2021!***

## **REVISED UTAH PAYMENT SCHEDULE**

DUE DATES	<b><u>DOUBLE OCCUPANCY</u></b>		<b><u>SINGLE OCCUPANCY</u></b>	
	PAID	BALANCE	PAID	BALANCE
		\$1,684		\$2,448
Deposit	\$100	\$1,584	\$100	\$2,348
JAN 11	\$176	\$1,408	\$261	\$2,087
FEB 11	\$176	\$1,232	\$261	\$1,826
MAR 11	\$176	\$1,056	\$261	\$1,565
APR 11	\$176	\$880	\$261	\$1,304
<b>JUN 11</b>	<b>\$176</b>	<b>\$704</b>	<b>\$261</b>	<b>\$1,043</b>
<b>AUG 11</b>	<b>\$176</b>	<b>\$528</b>	<b>\$261</b>	<b>\$782</b>
<b>OCT 11</b>	<b>\$176</b>	<b>\$352</b>	<b>\$261</b>	<b>\$521</b>
<b>DEC 11</b>	<b>\$176</b>	<b>\$176</b>	<b>\$261</b>	<b>\$260</b>
<b>FEB 11</b>	<b>\$176</b>	<b>\$0</b>	<b>\$260</b>	<b>\$0</b>

