

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: March 14, 2020

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CAIRNSTONEADVENTURETOURS.COM



BRILLIANT TREK DAY AT GRAND MERE!

GRAND MERE: The photo below of Starke's Summit says it all! We had a magnificent day for all of our hikers from casual strollers to elite backcountry hikers to make significant training gains. This is the second leg of our Tough Trifecta and mile for mile we don't have a tougher training hike! Another great turnout of 102 fired up Cairn Stone hikers. A very special thanks to Dave and Karen Laetz for their great help on setting up the course and to Sue Dobrich, Cindy Scharmach and Thom Janssen for their aid on the course. And the Jog Pot was terrific! I am making a special trip to thank the Grand Mere rangers.

LAWLESS: Our next training session is scheduled for **Saturday, March 21** at **Dr. T. K. Lawless County Park** near Vandalia (seven miles east of Cassopolis, MI). The lecture on HOF training and Dave Yugo's demonstration on core strength training are being postponed to provide for *social distancing*. Instead, **starting at 8:00AM and running through 8:30AM** I will be at the check in with final briefing comments and maps. Hopefully, this will spread out the start. **Please do not start before 8:00AM.** This course is the third leg of our *Tough Trifecta* and is a beautiful but challenging all trail course. Distances include 6.2, and 13.1 miles (we're up to a half marathon!). I am confident with the cooperation of all involved this will be a safe and beautiful experience and will provide not only necessary conditioning but some much needed stress relief. I am also urging everyone to follow the prevention protocols established, including elbow bumps, 6' separation and hygiene and coughing techniques. We do have a significant number of *chronologically enhanced* Cairn Stone hikers and everyone can do their part to *lower the curve*. Please pay the park entrance fee into the Jog Pot. For those interested, our post hike rehydration station will be at *Lindy's Restaurant* (four miles NE of Cassopolis).

REHYDRATION: **Lindy's Restaurant**, 57983 M-62, Cassopolis, MI (18 minutes)

MANISTEE TEST HIKE: Please find attached information on the Manistee Test Hike scheduled for September 6. Please read info carefully. We do not have an organized tour (you make travel and hotel arrangements). We do have a special rate at our host hotel the *Holiday Inn Express* in Cadillac.

This is a mandatory hike for all those who want to do one of the elite backcountry hikes in Utah. This is a wonderful destination hike weekend for **everyone else** with shorter wonderful hikes and I am sure that some Cairn Stone vets who are not on the Utah trip will do this iconic Cairn Stone hike.

It is extremely important that everyone on the Utah trip give this your immediate attention! Please read the attachments carefully.

TEST HIKE SHIRTS: I recently received an anonymous letter asking that I consider providing **women's sizes and styles** for our shirts. Sure if this is important I will try to work it out. Please contact me if you wish to switch to a women's size shirt **by May 15.**

REAL-ID: **Before our trip to Utah** everyone should have an ID that meets the *REAL-ID* requirements. [Search: *Michigan Real ID*, *Indiana Real ID* or etc.]

