

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: April 15, 2020
574.215.4779

CAIRNSTONEADVENTURETOURS.COM



ROADRUNNER TRAILS PROVIDE QUIET BEAUTY AND FITNESS BOOST!

ROADRUNNER TRAILS: Several Cairn Stone trekkers enjoyed this beautiful course at their own choice of time over a seven day period. I'm very pleased that everyone had an opportunity to relax and get a good safe break. Special thanks to Jeff Gunn, Gary Kachur and Kathy Flynn for their help on course set up and take down.

LOVE CREEK: Our next training hike that I will set up will be at **Love Creek County Park** this **Saturday and Sunday April 18 and 19**. The course will be set up by 8:00AM Saturday morning and I have permission to keep the signs and markings up through Sunday. I will take the course down on Monday. This should give everyone the flexibility of a safe start. The course will offer distances of 4.6, 9.2 or 15.0 miles (the latter utilizing scenic Jones Road). A course map will be emailed to all Utah and Training Partners on Friday. There are no restrooms available at the Nature Center but I have to say that the rangers have this course in wonderful condition! There is no entry fee but I am going to set the Jog Pot, log sheets and a few maps out on the picnic table in the patio (west end of the Nature Center). The park is losing financial support and this would be a wonderful way to thank the rangers for their super work on the course. **YOU ARE GOING TO LOVE THIS COURSE!** The rangers have added a couple of trail expansions and viewpoints. We've never hike this course during this time of year and it is spectacular! You will be able to see the beauty of the valleys and the creek because the green foliage is not present yet. And this Saturday's weather prediction of 53 and sunny skies should bring out colorful wildflowers. I will work hard to mark the course very well with powder blue signs and arrows on the ground. 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.

LOVE CREEK PARK: 9292 Huckleberry Road, Berrien Center, MI

FUTURE TRIPS: As I stated in my recent email all of our trips WILL HAPPEN! I appreciate the input and the kind comments many Cairn Stone Trekkers have made. I will continue to work hard on this and keep you updated. I also will work on organizing some new hiking venues that can be driven to as travel restrictions ease.

PAYMENTS: Anyone who's income has been affected by this crisis should contact me to make a new arrangement that works for us both. Please call me to discuss. 574-215-4779

