

CAIRN STONE TRAINING NEWSLETTER

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

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GREAT DAY AT POTATO CREEK!

POTATO CREEK: We had a strong turnout at The Creek under great weather conditions and lots of valuable maintenance training was gained. Special thanks to Jay and Kathy for their big help on the course setup and to Craig Clapper for picking up the signs and to Gary Kachur for his super aid station.

SAUGATUCK STATE PARK: Our next training opportunity will be a bonus hike at **Saugatuck Dunes State Park** this **Saturday, July 18**. This is a new hike on our schedule and is a beautiful and challenging trek. The featured distance is 9.0 miles but hikes of 3.2, 6.8, 15.8 and 18.0 will also be offered. I am very excited about this new hike. Two years ago I visited this site for the first time and fell in love with it. I asked Jay and Kathy Crouch to check it out and they took the ball and ran with it! Our staggered start will begin at **8:00AM and will end at 11:00AM**. There will be no Jog Pot as an entry fee is required. (Non-Michigan \$9 and for Michigan residents a \$17.00 *Recreation Passport* is required - many of you support our parks and already have this.) We will start picking up course signs in early afternoon. There are plenty of portable and vault toilets and well water is also available. Please bring your own water, sunscreen, insect repellent and check for ticks.



DIRECTIONS: Saugatuck Dunes State Park, 6575 138th Ave, Holland, MI 49423

STEVE'S RUN: This year's *Steve's Run* is being conducted as a virtual event. Dave Briegel, Steve's father, and I have decided to set up the original and genuine *Road and Trail* course, as an option for a virtual course choice. Many of you may remember it. We would like for you to consider participating in this worthy cause as a bonus hike. I will award a dynamite *Cairn Stone Adventure Tours* tech-shirt to every Cairn Stone Alumnus who completes the course. Cheers!
[See attached or information is on my website under RUN-WALK EVENTS]

