

CAIRN STONE TRAINING NEWSLETTER

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

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TREKKERS SHINE AT POTATO CREEK!

POTATO CREEK: A good turnout of Cairn Stone hikers enjoyed a beautiful day at Potato Creek State Park. Special thanks to Larry and Terri Lies, Rob Riley and Gary Kachur for their big help with the hike. Also thanks to Ginger Riley, Jeanne Valencourt, and Jim D'Haenens for the special treats.

SANDHILL CRANE: I have mixed emotions about this year's Sandhill Crane races. I love this special hike/run and the response has been great! Unfortunately because of Covid restrictions we had to close the races early at a record setting 340 registrations! However, **I plan to leave the course markings up through Tuesday** for any Cairn Stone hiker who would like to do the course on your own. It will be available starting **after 3:00PM on Sunday** (Usual park fee applies – please pay at the gate).

T-SHIRTS: I have also ordered a few extra shirts and I will sell them for \$12.00. However, it is very important to me that everyone who is officially registered for this race receive the t-shirt size that they ordered before I sell anymore.

EARLY PACKET/T-SHIRT PICKUP: I have decided to do an early packet/t-shirt pickup on this Saturday from 11:00AM-1:00PM at the main shelter at Lawless Park. You will not have to pay to get in the park. I hope that many of our hikers registered for this race take advantage of this.

VOLUNTEERS: I am still looking for a few more race volunteers for the race on Sunday and also for someone to help with the early packet/t-shirt pickup on Saturday. Note the Covid safety requirements in the participants letter (attached). *Muchas gracias!*

DIRECTIONS: Dr. T. K. Lawless County Park, 15122 Monkey Run Street, Vandalia, MI (Free entry for packet pickup)

“One of the best Golden Rules of my coaching career is that for every ten events that you participate in – serve as a volunteer at one.”

Coach Gunn

