

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
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BIG TIME GAINS AT GRAND MERE!

GRAND MERE: *When the going gets tough – the tough get going!* That was on display on our challenging hike at Grand Mere on a beautiful day. Lots of good *resistance training* to build our back country hiking abilities! *Utah is not a rose garden!* Special thanks to Jon and Suzie Veersma for their big help on setting up the course and to Gary for his aid station help! The Jog Pot was good and will benefit the Stevensville Rotary Club (wonderful restrooms) and Grand Mere State Park for *hanging loose* with us on our course markings.

ST. JOE BONUS HIKE: Our next training hike is a bonus hike dubbed *Ron's Fantastic Lakeside Urban Hike* and will be held on this **Saturday, September 19 in St. Joseph, Michigan**. We will meet at the restrooms on the bluff in downtown St. Joe just west of Ryebelles Restaurant (518 Broad Street). We will have a socially distanced start running between **9:00AM and 10:00AM**. Note: the restrooms don't open until 9:00AM. Hikes range between 3.2 and 8.1 miles through this beautiful area mostly along Lake Michigan or the St. Joe river. This course is primarily on sidewalks but there are some trails. There will be no Jog Pot and I suggest that those who are comfortable with rehydrating go to the outdoor rooftop deck at Ryebelles.

DIRECTIONS: Ryebelles Restaurant & Bar, 518 Broad St, St Joseph, MI (Between Lake and Main.)

“This Saturday's urban hike is one of Cairn Stone's best ever and can be compared to our Fisherman's Wharf to Sausalito via the Golden Gate Bridge urban hike.”

Coach Gunn

