

CAIRN STONE TRAINING NEWSLETTER

TO: Training Partners
FROM: Coach Ron Gunn
DATE: February 19, 2020

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FABULOUS FEBRUARY DAY FOR A TRAINING TREK!

STAGGERING! No, not our hikers finishing but the 104 trekkers doing a fired up job! This is really a great blend of rookies and vets! *UTAH or BUST!* Special thanks to our awesome aid man Gary and to Thom for his help with the team rosters. And a *tip of the hat* to the Love Creek staff! And they were very pleased with the Jog Pot donation.

INDIANA DUNES: Our next hike is scheduled for the **Indiana Dunes State Park** near Chesterton, Indiana on **Saturday, February 22**. It will start at **9:00 AM (CST)** (10:00 AM (EST)) at the Beach Pavilion in the Park. Challenging courses ranging from 3.8 to 11.0 miles will be set up for this beautiful layout. There will be 10 minutes of announcements and the hikes will start at 9:10AM (CST). There is an entry fee for the park and no Jog Pot will be out at this hike.

NOTE: it is important to note that everyone double check their email prior to the hike. If we have snowy condition on this course I will schedule this hike later and I will have an alternate road course set up in the Michiana area. Rob Riley, my helper for the hike, and I will survey the situation prior to the hike and make a decision. Thanks for *hanging loose*.

MEET AT: Indiana Dunes State Park, 1600 N. 25 East, Chesterton, IN 46304 [Beach Pavilion parking area.]

REHYDRATION: We will rehydrate at the *Shoreline Brewery and Restaurant* in nearby Michigan City. [208 Wabash Street, Michigan City, IN]

TEST HIKES: For our Utah Trekkers wishing to do a very challenging backcountry wilderness hike it will be mandatory they pass the two Test Hikes offered during our training season (June and September on our schedule.) These are also great destination hikes that anyone interested can participate. There is a small fee if you are not part of the Utah Trekkers. Complete information on our Test Hikes will be made available soon.

"It's exciting to think that some of the best moments of our lives are yet to happen!"

