

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
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ZIG ZAG HIKE DEBUT A BIG HIT!

SAUGATUCK: On a beautiful but brisk day 43 Cairn Stone hikers enjoyed the inaugural Zig Zag hike. The hike involved mostly gorgeous, new trails that had very little sand (I kept my word). Mile for mile I think this hike is right at the top of my best training hikes. It is only a little over 6 miles but it is an exceptional training experience. Some of our hikers elected to do the *Crow's Nest loop* twice while others added the 6.1 lakeshore bluff hike. Special kudos to my Cairn Stone vet helpers, Kate and Jay Crouch who hiked the course twice to double check the course markings before the hike and also to Larry and Terri Lies who took the course down for me. Gary Kachur was once again my ace aid person! The Jog Pot was great! Thank you.

TURKEY TROT: Our next optional training hike was the *All Trail Turkey Trot* in Dowagiac this Saturday. This race has been postponed to because of current COVID 19 restrictions. However, I have the course set up for you to enjoy on your own over 9 days. Please see the attached with invitation to hike this course this coming week. Also the attached has details of the rescheduled and renamed *Shamrock Turkey Trot* on March 20. Can anyone guess what a *Turkechaun* is?

DIRECTIONS: See attachment.



**"I'M SO GLAD THAT FRIENDSHIP DOESN'T
COME WITH A PRICE TAG. I COULD
NEVER AFFORD IT IF IT DID!"**

Coach Gunn