

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: August 20, 2020
574.215.4779

CAIRNSTONEADVENTURETOURS.COM



WE DID IT IN THE DUNES!

INDIANA DUNES: The *early bird got the worm* on this very challenging trek. Our early morning hustlers beat the crowd and logged some great conditioning! Special thanks to Jay and Kathy Crouch, Doug Geisler and Gary Kachur for their strong support!

ROADRUNNER TRAILS: Our next training experience will be this **Saturday, August 22** on the wonderful Roadrunner Trails starting at the **Dowagiac Elks Golf Club**. We will have a social distancing start beginning at **8:00AM and ending at 9:30AM**. The all trail course will feature distances of 17.6, 16.1, 8.8 and 8.0 miles. The Elks Club is eager too host us and will provide sterile facilities, including restrooms, and we respect their work in following the regulations that the State has mandated. Please when inside the building be considerate and wear a mask. If you are unable to wear a mask call me at 574-215-4779 and I will bring the sign in sheet outside. Thank you. They will also have beverages, chips, brats and chicken salad sandwiches for sale in the bar, and pro shop as well as from the newly installed window on the east end of the building as an option for those not wishing to wear a mask. You may dine inside or out on the grass.

DIRECTIONS: Elks Golf Course, 300 Riverside Dr., Dowagiac, MI 49047 (On corner of Riverside Drive and Hill Street. Driveway entrance is on Hill Street. Please park near Hill Street away from building.)

TRAINING SCHEDULE: I hate to keep doing this to you, but I have again updated our training schedule. Please review carefully and thanks for your understanding

MANISTEE HIKE: Just a reminder that the deadline for the special lodging at the Holiday Inn will expire on September 6. I appreciate all those who have submitted forms with their plans to attend. It really helps me for planning purposes. Gracias!

[Manistee information and forms available at CairnStoneAdventureTours.com under HIKE TRAINING]

