

# CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners  
FROM: Coach Ron Gunn  
DATE: July 22, 2020

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## GREAT GUTS AT SAUGATUCK STATE PARK!

**SAUGATUCK:** Our inaugural hike at this beautiful but challenging venue went very well despite some vandalism on the course markings. The hot and humid conditions made it a genuinely *callousing experience* in the later stages of the hike through the *Cauldron* section of the hike. Jay describes this area "Bond Street but with sand." Our Cairn Stone hikers all gained valuable conditioning and also agreed that this is a great new course. We will do it again in the fall. Special thanks to Jay and Kathy for their great help in developing the new course and to Larry and Terri Lies for their help with setup and to Thom for taking down the course signs during the mid afternoon heat.

**LOVE CREEK:** Our next training hike will be this coming **Saturday, July 25 at Love Creek Nature Center** near Berrien Center, Michigan. Hikes on this beautiful course will be 5.0, 10.0, 16.0 and 20.0 miles. The course features 5.0 miles of beautiful wooded trails in the park and another up to 10 miles on adjacent trails and lovely country roads. We will have an open start **between 8:00 and 10:00AM** at the Nature Center. Please pay your park fees to the Jog Pot. The rangers at Love Creek are very grateful for our fired up support. Please bring your own water and aid, and because of the projected heat we will have an aid station on the road portion of the course along with dog control. This course offers lots of shade and the restrooms will be open at the Center. Always bring sunscreen, insect repellent and check for ticks after your hike.

**DIRECTIONS:** Love Creek Nature Center, 9292 Huckleberry Road, Berrien Center, MI

**STEVE'S RUN:** I am reaching out to all Cairn Stone hikers to seriously consider doing my **RETRO HIKE** on the traditional Steve's Run course **Saturday, August 1**. For many years I was race director for this cancer fund raiser worthy cause. This year Steve's Run is a virtual race and I would love to have our altruistic Cairn Stoners consider my reenactment of the *Original and Genuine Steve's Run Road and Trail Race* course. In fact I am offering every Cairn Stone trekker that participates a dynamite Cairn Stone Adventure Tours



**UTAH 2021 ~ Grand Canyon 2022 ~ SCOTLAND 2023** tech shirt.

This will be a super cool shirt that you can pick up during your sign in on Saturday, August 1 at *Olympia Books* in downtown Dowagiac (across from Fifth Third bank). First register online for the virtual race and then get the **RETRO HIKE** registration to me by July 28 (see attached for more details and registration form). **NOTE:** If you mail your form also email t-shirt size to me by July 28.

**MANISTEE RIVER VALLEY:** Please find attached info on my bonus hike at Manistee River Valley on September 27 for those who feel comfortable doing this.

"Many people do not know Steve Briegel but everyone has known someone in their life who has demonstrated the same courage and determined effort to fight cancer. This race is being run to honor these people. We will have 30 seconds of silence in their memory and then a bell will ring and we will go for the prize."

Coach Gunn's instructions at the start of Steve's Run until 2014