

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: June 24, 2020

574.215.4779

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GREAT REVIEWS ON THE NEW MADELINE BERTRAND/ST. PAT'S COURSE!

MADELINE BERTRAND: A smaller than normal turnout enjoyed our new course and realized some significant training gains. I'm going to do this course again in an attempt to share it with all who couldn't attend. The *Bond Street Death March* is dead! Special thanks to Jay and Kathy Crouch for their wonderful help on the set up and John and Kim Davis, Rob and Lee Riley and Larry and Terri Lies for their help on cleaning up the course signs. The Jog Pot did provide head ranger Jay Dean with good support but I am eager to show him the wonderful impact our club can make at our next hike there.

JORDAN RIVER VALLEY: Our next training/bonus hike is the Jordan River Valley 18.7 mile course on this Sunday, June 28 with optional starts between 9:00AM and noon at Deadman's Hill trailhead. Other distances are 9.4, 8.6 and 3.2 miles. There will be one aid station at Pinny Bridge with bottled water and Windmill cookies. The daypack checklist includes all the supplies you will need for this hike including a full load of water, sun screen, insect repellent, compass and I recommend long pants. Be sure to check for ticks after your hike. **Maps** will be email to you on Friday, but the course will not be marked and ready for you to hike until **9:00AM Sunday morning**.

WEATHER: Sunday forecast looks good; partly sunny with temps from 67 to 80 degrees.

DIRECTIONS: Deadman's Hill trailhead, 8250 Deadman's Hill Rd, Elmira, MI 49730. US131 to Deadman's Hill road then west less than two miles to trailhead. GPS N 45° 02' 47.79", W 84° 56' 09.93"

POTATO CREEK: *This is a venue change.* On advice of our Cairn Stone hikers in St. Joseph, I am switching the Grand Mere and Potato Creek hikes because of the reported black fly and bug problem at Grand Mere State Park. Our hikes at **Potato Creek State Park** will be on **Saturday, July 11** starting from **8:00AM to noon**. The hikes will feature distances of 5.1, 8.5, 12 and 15 miles. The 8.5 mile course is all well groomed trails and the longer distances involve both bike paths and trails. The start and check in will be at the **boat rental parking lot** (just before the beach parking lot). There will be no Jog Pot as you will pay when you enter the park.

Course Maps will be emailed by Friday afternoon.

DIRECTIONS: POTATO CREEK PARK, 25601 IN-4, North Liberty, IN Take the park road west (left turn) after entrance station, and go to **Boat Rental lot** just before beach parking lot.

