

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: August 26, 2020
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GREAT DAY ON ROADRUNNER TRAILS!

RR TRAILS: We had a nice turnout enjoy the trails and gain significant training benefits. Good hustle by all! Special thanks to the Dowagiac Elks Club and Ray, Dawn and Susie for their excellent job of hosting us. And I applaud our hikers who *masked up* 100%! The JogPot was excellent and several enjoyed beverages and sandwiches in the bar or outside. And special thanks to Thom Janssen who helped at the high school cross country meet.

LEMON CREEK: I beg your understanding but due to logistical reasons this bonus hike is being postponed until October 31. Thanks for *hanging loose*.

SAUGATUCK: Our next training hike will be our annual Saugatuck Labor Day Hike on **Monday, September 7 at Mt. Baldhead Park in Saugatuck, MI**. There will be a social distance start beginning at 8:30AM and ending at 10:00AM. Favorite courses are 12.6, 8.0 and 6.2 miles plus an extra credit Z course that will add another mile. It has been a great tradition to have a potluck picnic following the hike. This year I have modified these plans but at 11:00AM I will have *red hots* (grilled all beef hot dogs) ready along with a wide assortment of beverages. The *red hots* will be served on a packaged bun untouched by human hands. Hikers who are interested are asked to **bring their own condiments** and anything else that you want to eat. There are several picnic tables at the park or participants may wish to bring their own chairs. **This is a beautiful hike!**

DIRECTIONS: Mt. Baldhead Park, 735 Park St, Saugatuck, MI



SANDHILL CRANE: This run and hike **will be held live!** Complete info on this challenging but wonderful all trail hike or run is attached and available on my website.