

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: May 27, 2020

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CAIRNSTONEADVENTURETOURS.COM



BIG TURNOUT AT TREE-MENDOUS!

TREE-MENDUS: We had a big turnout at the Saturday portion of our tour of the orchards and environs. Sunday was a rainy day and we only had one hiker prepare for the elements. Special thanks to Gary and Thom and also to Cindy and Glen, and the Ferry and Shilling families. And thank you to the very generous people who contributed to the Jog Pot for the Tiechman family. We raised \$604! We will probably do an *Apple Walk* here in the fall.

LAWLESS: Our next training hikes will be conducted this Saturday and Sunday, May 30 & 31 at *Dr. T. K. Lawless County Park* near Vandalia, MI. Our hikers will have the option of starting between 8:00AM and noon on Saturday and 9:00AM and 1:00PM on Sunday.

The distances will include: **15.0 mile** hike that includes the 13.1 ½ marathon course and a special 1.9 mile loop across the street on the bike trails.

13.1 mile ½ marathon Sandhill Crane all trail course.

8.2 mile express loop course that skips the reversal on the old railroad bed.

Scott Wyman and his staff will have the **restrooms open!** Please don't pay the park fee at the entrance but put it in the Jog Pot at sign in. The weather forecast looks great for both days with sunny skies and temps in the mid 60's.

Course maps will be emailed to all Utah Trekkers and Training Partners on Friday afternoon.

Please bring your own water and aid. I will be running an aid station at the 8.2 mile mark that will have bottled water, *untouched by human hands* Windmill cookies and hand sanitizer. I will have a few maps available in case you forget to print yours. **Don't forget** your map, bug repellent, sun screen and to check for ticks.

Please remember everyone must sign in and out and that all guests are limited to **one free trial – thank you.**

DIRECTIONS: Lawless Park, 15122 Monkey Run Street, Jones, MI (7 miles east of Cassopolis, look for brown park signs on M-60, take Lewis Lake Road south then left on Monkey Run.)

JORDAN RIVER: We presently have 33 Cairn Stone hikers and one guest signed up for the Jordan River Valley hikes on Sunday, June 28. I totally understand that many of the Cairn Stone hikers still don't feel comfortable doing this and I plan to do it again next spring as a bonus hike. Our *Test Hikes* next year will be Devil's Lake in Wisconsin and Manistee River Valley. I was the guest of Bob and Janice Schuelke at their lovely cabin on Bear Creek just northwest of Manistee and as I was driving over to check out the Jordan River Valley trails I went through the Manistee River Valley. What a flood of wonderful memories I had on that drive! The Jordan River Valley trail is in great shape. I didn't do it all but I did have a nice chat with some hikers that did.

HIKING STRENGTH: Here's the link I intended for the previous newsletter to the PT and Core Strength for hiking. Thanks to Cairn Stone vet Rob Riley for showing me this:

<https://www.rei.com/learn/expert-advice/hiking-training.html>

“You Can't Shoot A Cannon Out Of A Canoe!”

Coach Ron Gunn

