

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: April 29, 2020

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CAIRNSTONEADVENTURETOURS.COM



SERENDIPITY ON THE TRAILS OF LOVE CREEK!

LOVE CREEK: Our hike at Love Creek offered optional safe starts over a two day period and it was received very well by our Cairn Stone Trekkers. This was the loveliest I have ever seen these trails as we haven't hiked them at this time of the year before when the trails are not full of green foliage. The beautiful creek and valleys were exposed. Also the staff at Love Creek had the trails in awesome shape! Special thanks to Kathy Flynn and Tracy Davost for helping to set up the course and to Gary Kachur for monitoring the course. The Jog Pot was spectacular and the rangers were very happy with our support! Many thanks to all who contributed!

POTATO CREEK: Our next training session is scheduled at Potato Creek State Park this coming Saturday and Sunday, May 2 & 3. A special all trail course of 8.5 miles is being set up and includes trails we have never hiked before. This new course has been necessitated because the equestrian trails that we normally hike on to complete the loop around Potato Creek are closed. I think everyone will enjoy this new course. A nice 4.9 mile course will also be available and I will extend the course to 15.0 miles by marking turnarounds on the bike trails. The course will be set up each day at 8:30AM and the sign in sheets and extra maps (for those that forget theirs) will be available at the start on the picnic table near the boat rental building.

There will be no Jog Pot as everyone was so generous last time. Also, Potato Creek is not charging entrance fees but that could change this weekend. They also have several sets of porta-potties spotted throughout the park as the restrooms are closed. Your best bet for portable toilets is at the Tulip Poplar Picnic area, the Fish Cleaning station (my favorite) or the Peppermint Hill Picnic area 0.3 miles past the Boat Rental lot. The good news is that there are two portable toilets at the cemetery, about ½ way through our hike. Maps will be mailed Friday afternoon.

Please **bring your own water and aid**. I may be at the start to help but please keep your two meter distance at all times including on the trails. **Don't forget** bug repellent, sun screen and to check for ticks.

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.)

HELP: I need a volunteer who can hike the 8.5 mile course and pick up the blue signs late on Sunday or Monday. *Muchas gracias!*

CAIRN STONE VETS: Keep them in your thoughts and prayers. Sue Dobrich (multiple GC Rim-Rims) will have quadruple bypass at Cleveland Clinic May 5. Sue has been on many of my trips. Ray Janssen (GC IV vet and Thom's dad) lost his battle with the Covid-19 virus April 22 but his two daughters also infected were just released from the hospital. Your cards and letters are appreciated:

Sue Dobrich, 314 McPhil Drive, Dowagiac, MI 49047

Thom Janssen and family

14490 Marcellus Hwy., Marcellus, MI 49067

**“Kathy and I love the new 8.5 mile course at Potato Creek!
And I know you like to put the hills in the later part of the
course”**



Cairn Stone vet, Jay Crouch

