

CAIRN STONE TRAINING NEWSLETTER

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

574.215.4779

CAIRNSTONEADVENTURETOURS.COM



DYNAMITE DAY AT THE DUNES!

INDIANA DUNES We had 97 *fired up* trekkers tackle this very challenging course on a spectacular day! Lots of wonderful conditioning was gained by all levels of our hikers! Special thanks to Rob Riley, Jay and Kathy Crouch, Sue Dobrich, Mike Premeske, and Chris Ringer. We got a break at the entry gate and no Jog Pot was collected. Our hikers are very supportive and deserved a break.

GRAND MERE: Our next training session will be **Saturday, March 7** in **Grand Mere State Park** near Stevensville, Michigan. At **8:00 AM** a lecture on core strength, trekking poles and HOF will be held and at 8:30 AM hikes of 12.0, 7.9 and 5.0 miles on this beautiful but demanding course will begin. The restrooms at North Lake Rotary Park probably won't be open but there is a vault toilet at the State Park entrance at the 1.2 mile mark. The Grand Mere Park Rangers have been very cooperative and a Jog Pot will be taken.

IMPORTANT REMINDERS: To sign both in and out on the log sheets. It is both for safety so no one is left out on the course and it is an important coaching tool. Also, I urge all Michigan residents to get a **Michigan Recreational Passport** to support the state parks.

Join me at the *Round Barn Brewery* in nearby Baroda (12 min.) for rehydration after the hikes. Our Rookies will find it rewarding to hang out and *break bread* with our Cairn Stone vets.

MEET AT: North Lake Rotary Park, 3600 Grand Mere Road, Stevensville, MI 49127.

REHYDRATION: The **Round Barn Brewery** in nearby Baroda. (12 minutes)

DEVIL'S LAKE: I am really pumped for our return to the upcoming TEST HIKE at Devils Lake, Wisconsin! This is a classic hike that served our Grand Canyon hikers so well over a ten-year period that we did *Rim to Rim* day hikes in the Grand Canyon. It is back because of popular demand by our Cairn Stone vets. Please check the details carefully in the attachments.

This is a mandatory hike for all those who want to do one of the elite backcountry hikes in Utah. This is a wonderful destination hike weekend for everyone else with shorter wonderful hikes and I am sure that some Cairn Stone vets who are not on the Utah trip will come in do this iconic Cairn Stone hike. It has also proven to be a tremendous galvanizing experience for our team! I have organized an *at cost* trip for our team members and training partners or hikers will have the option to make their own arrangements.

It is extremely important that everyone on the Utah trip **give this your immediate attention!** Please read the attachments carefully.

REAL-ID: Before our trip to Utah everyone must have an ID that meets the REAL-ID requirements to board the plane. Unless you now have an *Enhanced Drivers License* you will need a new drivers license with the star logo or use your passport. (Details at CairnStoneAdventureTours.com)

“With the upcoming Grand Mere hike we are moving on to the second leg of what I call the TOUGH TRIFECTA! Indiana Dunes, Grand Mere, and Lawless Park are all outstanding resistance strength training experiences and will serve everyone well.”

Coach Gunn

