

# CAIRN STONE TRAINING NEWSLETTER

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

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## SOCIAL DISTANCING AT LAWLESS!

**LAWLESS:** I was extremely pleased of how well our training hike at Lawless Park came off. We staggered the start over two days and *social distancing* worked very well. Special thanks to Gary and Thom and a big salute to Scott Wyman and Jay Wade at Cass County Parks. The Jog Pot was dynamite and everyone's cooperation is greatly appreciated.

**SCHEDULE UPDATE:** It is very important to note that our next three training hikes have been rescheduled. We will follow the same format as we used at Lawless. The updated hikes are listed below and complete info will be emailed prior to each hike. Please *hang loose* but presently these locations are open for hikers practicing *social distancing*.

|          |                          |
|----------|--------------------------|
| April 4  | Roadrunner Trails        |
| April 5  | Roadrunner Trails        |
| April 18 | Love Creek               |
| April 19 | Love Creek               |
| May 2    | Indiana Dunes State Park |
| May 3    | Indiana Dunes State Park |

**ROADRUNNER TRAILS:** Our next training hike will be held on **Roadrunner Trails in Dowagiac.**

Hikes on this wonderful all trail course will be 6.1, 8.0 and 13.9 miles. Our start and finish will be at **Rotary Park**, just southeast of the Elks Lodge. The course will be set up by **8:00AM on Saturday** and will remain set up **through Sunday**. Hikers are encouraged to stagger your start to maintain *social distancing*.

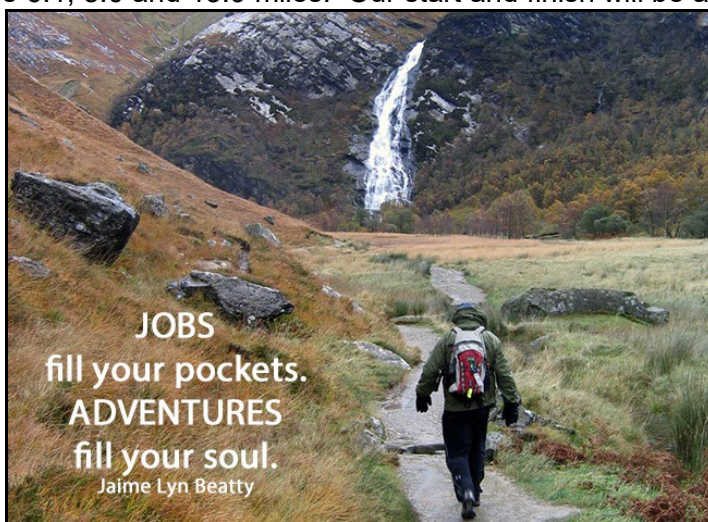
**There are no rest rooms** at Rotary Park and I suggest you stop at a gas station in Dowagiac. I will have sign in sheets at the **north end of the parking lot** near the water tower. There will be no Jog Pot as everyone was so wonderful at Lawless! I will **email the map on Friday night** for you to print but will have a few with the sign in sheets for those that might need it.

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.

**ROTARY PARK:** Just south of Hill Street on Riverside Drive (½ block SE of Elks Lodge)

**REHYDRATION:** On your own. Take out is available at restaurants in and near Dowagiac.

**LECTURES:** All lectures have been suspended until further notice. However, I may be available at our hikes or anyone with a question is welcome to call me at 574-215-4779. My second favorite salutation behind *Dad* is *Coach*. Also you can review the *lecture notes* on my website.



**“I appreciate everyone keeping the 6' requirement for Social Distancing. This is serious shit!”**  
Coach Gunn