

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: November 4, 2020
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HIKERS HUSTLE AT HAITI HIKE!

LEMON CREEK: We had over 60 trekkers cover the beautiful vineyards and orchards of Lemon Creek and environs. Saturday was a clear, beautiful day but Sunday turned very brisk and windy but we still had nine intrepid souls. Love and compassion were the true winners as we received over \$1,000 for Haitian nursing care. I am still counting funds as some are being mailed in. Special thanks to Sue Dobrich who helped at the check in and to Jeff and Cathy Lemon and staff at *Lemon Creek Winery*, Dan and Ashley Nitz of *Chill Hill Winery* and the *Domaine Winery* staff for allowing us to enjoy their beautiful vineyards.

POKAGON STATE PARK: Our next training opportunity will be this **Saturday, November 7** at Pokagon State Park near Angola, IN. The major hike will be 12.1 mile and a 7.0 mile hike will also be available. We will have a social distance start from **10:00AM to 11:00AM** beginning at the Potawatomi Lodge in the park. The entry fees for the park are \$7.00 for in state and \$9.00 for out of state. There will be no Jog Pot and please **bring your own aid**. We will attempt to run an aid station in the Beachwood Preserve loop. It is 75 miles and about a 1 ½ hour drive from Niles to the park entrance. This is a new hike on our schedule and I am excited to share it with our Cairn Stone hikers.

DIRECTIONS: Pokagon State Park, 450 Ln 100 Lake James, Angola, IN 46703

WE HAVE LOST A GEM: It is with great sadness to have to announce the passing of one of our finest – Janice Schuelke. She died of cardiac arrest Tuesday night in her sleep. What a genuinely wonderful person! I have visited with Bob Schuelke and he will pass on to Thom and I the details of a family celebration of her life. She will be sorely missed!



“Janice Schuelke – wow am I ever going to miss her! Her grit and attitude was only matched by her kindness. She is a quintessential member of the Cairn Stone family.”

Coach Gunn