

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: August 5, 2020

574.215.4779

CAIRNSTONEADVENTURETOURS.COM



RETRO RUN & WALK ENJOYS BEAUTIFUL DAY!

STEVE'S RETRO RUN: Over 60 fired up participants enjoyed a beautiful day to celebrate the Original and *Genuine Road and Trail Race* course. And we raised \$1,180 for cancer research from our generous supporters! Special thanks go to the Dowagiac Elks, Matt Stack, Jeff Gunn, Jay and Kathy Crouch, Dave and Camille Briegel, Tom Atkinson and Sue Dobrich, Gary Kachur, Gretchen Allison, Tony Walker, Thom Janssen, Scott Novak, Alli and Laurie Kaminski, and of course our participants!

INDIANA DUNES: Our next training hike will be this **Saturday, August 8** at **Indiana Dunes State Park** just north of Chesterton, IN. We will again have an open start from **8:00AM to 9:30AM (CST)** [9:00AM to 10:30AM EST]. This is a very busy time at this facility and the parking lot will be full by 10:00AM (Park time). Our schedule will give everyone a 90 minute window to get started before the crowd gets there. This park is very strict about our signs and at 9:45AM I will have a sweeper start to pick up our signs. Featured distances include 18.75, 15.75, 14.0, 10.0, 8.5 and 5.2 miles on this beautiful but challenging venue. There will be no Jog Pot as entry fees of \$7 (Indiana) and \$12 (out of state) will be charged at the gate. Restrooms will be open and we will have one aid station at *Cowel's Bog* and another at the Nature Center. Maps will be emailed on Friday and we will have a few extra for those who can't print them. Bring your own aid, trekking poles, a compass, bug repellent, and sunscreen (see Day Pack List) and don't forget to check for ticks. I appreciate everyone masking and keeping safe.

UTAH ROOM LISTS: I am very fired up for our Utah Trip and updated trip and roommate lists are attached. [Please review and reply to confirm or request your balance.] We have some who are delinquent on payments and we need to work this out as we still have a waiting list (see payment schedule on page 4 of attached trip list). Thank you for your interest and cooperation.

DIRECTIONS: Indiana Dunes State Park, 1600 N 25 East, Chesterton, IN 46304

