

# CAIRN STONE TRAINING NEWSLETTER

TO: Cairn Alumni & Friends  
FROM: Coach Ron Gunn  
DATE: June 6, 2020

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## LAWLESS WAS LOVELY!

**LAWLESS PARK:** There was *no extra charge* for the pristine weather that all of our hikers enjoyed over the weekend. We are doing a great job of maintaining our conditioning base as we strive for Utah. Special thanks to Marty Flynn and a big shout out to Scott and Jay of the Cass County Parks! And once again many of our Cairn Stone hikers were very generous in their support of the parks!

**ROADRUNNER TRAILS:** Our next training session is scheduled for **June 13 & 14** on Roadrunner Trails starting and finishing at the **Elks in Dowagiac** (restrooms will be open!). We will have an open start on **Saturday from 8:00AM to noon** and **Sunday from 9:00AM to 1:00PM**. The hikes will be conducted on the beautiful all trail Roadrunner Trails and featured distances are 18, 16, 9, 8 and 6.1 miles. Ray, Susie and Dawn are giving us a big welcome back and restrooms will be open. As always please park in the far south end of the parking lot (nearest Hill Street) in order to save space for the golf customers. After your hike you may want to rehydrate on the grass under the trees nearby. The Elks can now sell beverages and sandwiches to go.

**Course maps** will be emailed to all Utah Trekkers and Training Partners on Friday afternoon.

**Please bring your own water and aid. Don't forget** your map, bug repellent, sun screen and to check for ticks.

**Please remember** everyone must sign in and out and that all guests are limited to **one free trial** – *thank you.*

**DIRECTIONS:** Elks Golf Club, 300 Riverside Dr, Dowagiac, MI 49047 (corner of Hill St. & Riverside, Dr., entrance off Hill St.)

**HIKING SCHEDULE UPDATE:** A very tentative updated training schedule is attached. As always look for final details and possible changes in the newsletter preceding each hike.

**JORDAN RIVER VALLEY:** I have extended the registration deadline for this hike on June 28 to Monday, June 22. Several people have requested lodging or camping info (see attached). I realize and completely understand that many of our hikers are not comfortable yet doing this hike. I have scheduled a wonderful new all trail bonus hike at Madeline Bertrand & St. Pat Parks on June 20 & 21. This is a 7.2 mile course that starts and ends at Madeline Bertrand and will include St. Pat's and the Notre Dame environmental study trail adjacent to St. Pat's. Look for more on this in the next newsletter.

**LIVE EAGLE CAM:** In St. Pat Park. Eaglets will fly soon. Search for;

*Notre Dame Eagle Cam*

