

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: October 8, 2020

574.215.4779

CAIRNSTONEADVENTURETOURS.COM



QUALITY NOT QUANTITY AT SAUGATUCK DUNES!

SAUGATUCK ST. PARK: We had only 28 show up for this gorgeous and challenging hike but this small band of hiking warriors gained significant training and visual benefits. It was a beautiful day to hike and I am very indebted to Jay and Kate Crouch for their big assist in marking the course! Despite the low interest I am going to keep this venue on our schedule. It's a lot of work but worth it!



POTATO CREEK: Our next training hike will be this **Saturday, October 10** at *Potato Creek State Park* just southwest of South Bend. We will have a social distancing start beginning at 8:00AM and running to 9:00AM with featured courses of 5.6, 8.5 and 13.5 miles. The hikes will start and finish at the Boat Rental Parking Lot which is just before the Beach Parking Lot. There is a park admission fee and there will be no Jog Pot. I will endeavor to have bottled water and Windmill Cookies about ½ way at the *Porter Rea Cemetery* parking lot but everyone is encouraged to bring their own aid, bug repellent and sunscreen. The weather forecast is for temps in the 60's and 70's and partly cloudy. [See *Daypack Checklist* attached]

DIRECTIONS: Potato Creek State Park, 25601 IN-4, North Liberty, IN 46554 (Pay entrance fee, go west (L) about 2 ½ miles to first Boat Rental Parking Lot.)

REHYDRATION: For those who feel comfortable I suggest rehydrating at the wonderful *Martin's Deli* at 525 S. Mayflower in South Bend just off Highway 2. It is basically contact free, very spacious and has plenty of outdoor tables. [525 S Mayflower Rd, South Bend, IN 46619]

IMPORTANT SANDHILL CRANE UPDATE: In order to insure safe conditions for our social distancing starts I am cutting off our race entries at 300. We are currently at 277 and I appreciate everyone's understanding. Also October 12 is last day to receive entries to pick up your T-shirt on race day. Shirts will be ordered on October 13 early morning.

[Updates & details at:

CairnStoneAdventureTours.com. [Register online at **RunSignUp.com**]]

"Age is irrelevant. Ask me how many sunsets I've seen, hearts I've loved, trips I've taken, concerts I've been to. That's how old I am."

Joelle



Coach Gunn; Scotland setup trips in 2009 & 2010

