

# CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners  
FROM: Coach Ron Gunn  
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574.215.4779

CAIRNSTONEADVENTURETOURS.COM



## WILDERNESS CHALLENGE AT JORDAN RIVER VALLEY TESTS TREKKERS!

**JORDAN RIVER VALLEY:** A determined band of Cairn Stone hikers tackled this challenging wilderness trek very successfully! It got a little warm as they finished on the demanding *Deadman's Hill* and all felt a sense of real achievement. Special thanks to Kathy Flynn and Gary Kachur for their help. And I also appreciated those who contributed to the Jog Pot. It went to help Kathy, Gary and myself meet expenses of the setup and aid.

**POTATO CREEK:** Our next training hike is this **Saturday, July 11 at Potato Creek State Park** southwest of South Bend. We will have an open start between **8:00AM to noon**. The hike's feature distances will be 5.1 and 8.5 miles of shady, scenic well groomed trails. Hikes of 12 to 15 miles can also be done but the predicted warm weather may be cause for concern. The start and check in will be at the **BOAT RENTAL PARKING LOT** which is located just before the beach lot. There will be no Jog Pot as you will pay as you enter the park. Course maps will be mailed on Friday afternoon but the course will not be ready until 8:00AM Saturday.

**DIRECTIONS:** Potato Creek State Park, 25601 IN-4, North Liberty, IN 46554 (left after entrance booth, right into Boat Rental parking lot.)

**REHYDRATION:** I thought I would mention a great post hike rehydration station that is safe. It is the new Kroger Deli located on Mayflower Road just before Highway 2. (When leaving the park go east to Oak Street, go north. Oak becomes Sumption Trail then becomes Mayflower Road.) Go in the Deli entrance. They have a wonderful selection, *contact free* entrance & restrooms and outdoor seating.

