

# CAIRN STONE NEWSLETTER

TO: Utah Trekkers and 2021 Training Partners  
FROM: Coach Ron Gunn  
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## CAIRN STONE HIKERS ACE FINAL TEST!

**MANISTEE RIVER VALLEY:** We had a great turnout for our hikers on this magnificent layout! 54 Cairn Stone hikers qualified for the elite hikes in Utah by finishing either the 20.41 or the 21.6 (w Mt. Manistee *extra credit* at the finish) mile hikes on a beautiful day. We also had several trekkers complete the beautiful 11.0 mile hike from the Little Mac bridge on the Manistee River Trail and across the Red Bridge to the finish.



Special thanks go to Alli May, Gary Kachur, Thom Janssen, and Lee Riley for their help in orchestrating this hike successfully. I also want to thank everyone who came and supported this hike. The Jogpot was good and helped support this activity! Thank you to all who contributed.

**NEXT HIKE TBD:** Our next regular hike is TBD (To Be Determined). I have tentative plans to host a bonus hike on the *Zig Zag Course* at Saugatuck. Meanwhile we have three groups traveling to Utah for a series of amazing hikes.

**UTAH:** I am presently in Utah with my son Jake making sure that everything goes well on our three trips. The weather has been hot (poor Jake) but the weather forecasts for our upcoming trips shows a significant cooling off. I am very excited about these trips. [Watch for photos on the *Cairn Stone Tours* Facebook page]

**ALL TRAILS:** When Jake finished the Grand Wash in Capital Reef yesterday he said the *All Trails* app was a "real keeper" and suggested that everyone use the *All Trails* app while hiking, especially this trail. The app only costs \$30/yr and he said it worked perfectly on the course despite no service available, including texting.

**UTAH TRIP UPDATE:** Thom has sent out the updated Itinerary, Pocket Itinerary, Contact List and Pocket Phone List. Tomorrow he will be sending out maps and you need to print and bring all these items with you. Also the *Best of Utah* page has been updated with information you will want to check out as you prepare for your trip.

**NILES CAMPUS:** The bus will be at the SMC Niles campus. Please **do not go to the Dowagiac** campus or you will miss the bus and have to drive to Chicago.

**STEVE'S RUN:** I am very excited that Steve's Run is being moved back to downtown Dowagiac this year **on October 9**. I'm sorry that I can't be there to support the race but I have been helping (along with Jay, Kathy & Rob) on enhancing the original and genuine course. SMC's new cross country coach Zack Satori is also helping me and I encourage your support. It is also a great cause and I miss my good friend David Briegel very much.



"Not everyone knew Steve Briegel but they all know someone who has fought cancer with his determination and courage."

Coach Gunn