

# CAIRN STONE NEWSLETTER

**TO:** Utah Trekkers and 2021 Training Partners  
**FROM:** Coach Ron Gunn  
**DATE:** May 19, 2021  
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[CairnStoneAdventureTours.com](http://CairnStoneAdventureTours.com)



## CRACKERJACK DAY AT GRAND MERE!

**GRAND MERE:** We had over 70 fired up Cairn Stone hikers enjoy a beautiful day to tackle this stunningly beautiful but challenging course. *Mile for mile* it is one of our toughest! A big thank you goes out to Dave and Karen Laetz and Jon and Susan Veersma. They did not only a terrific job of setting up the course, but also in taking it down, and Karen's map was awesome.

**SCHEDULE CHANGE:** I am switching dates for the Saugatuck Zig Zag hike and the Indiana Dunes hike for coaching reasons. I feel that since several of our Utah hikers are going to do both *Test Hikes* that it would make much more training sense to move the tougher Indiana Dunes venue to this weekend and then do the Zig Zag 6.9 mile course the week before our *Test Hikes* begin. There will also be an optional 6.2 mile hike along Lake Michigan at the Zig Zag hike. Thank you for your understanding.

**INDIANA DUNES:** Our next training hike will be this **Saturday, May 22 at Indiana Dunes State Park** south of Chesterton, Indiana. We will have a social distance start between **8:00 and 8:30AM Central Time** (9:00-9:30AM Eastern time). Courses of 16.0, 8.75, and 7.25 miles will be set up on this scenic and challenging mostly trails along Lake Michigan. Restrooms will be available at the start and there will be no Jog Pot as there is a park entrance fee.

**DIRECTIONS:** West on I-94 or US20, north on IN49. Just north of US20 stay straight to cross over US12, follow road into the park. Pay fee at park entrance gate (per car \$7 IN or \$9 others).

**REHYDRATION:** I suggest the Shoreline Brewery in Michigan City. It has great food and beverage and is very easy to access after the hike. Just exit the park and turn east on US12 for about 10 miles. It will be on your left.

**TEST HIKE DEADLINE:** The deadline for registering for our two *Test Hikes* offered this spring is **May 29, 2021**. I plan to order our cool *Test Hike* long sleeve tech T-shirts on June 2. Only one *Test Hike* is required in order to qualify for our final *Test Hike* in the Manistee River Valley on September 11. However, several of our Utah hikers are going to tackle both of these hikes. That's quite a doubleheader! To date I have received 22 registrations for Devil's Lake and 46 for Jordan River Valley. I love our original and tradition of *Test Hikes* and can hardly wait!

**TEST HIKE CONFIRMATION:** Final confirmations and information will be sent via email to all who have registered. [We will confirm that these emails have been sent in the next newsletter. Please contact Coach Gunn if you should have received a Devil's Lake or Jordan River confirmation and did not – it means you are not registered.]

**VOLUNTEERS:** I could use a few more helpers for the *Test Hikes*. *Gracias!* 574-215-4779



**"Dump the drama! Take to the trails and create wonderful, positive vibes!"**

Coach Gunn