

CAIRN STONE NEWSLETTER

TO: Utah Trekkers and Training Partners
FROM: Coach Ron Gunn
DATE: February 24, 2021
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ATTITUDE WAS EVERYTHING AT LAKE LAGRANGE!

LAKE LAGRANGE: We had a fired up group of 45 trekkers enjoy a wonderful winter hike around Lake LaGrange. It turned out to be a good day to hike in the snow as there was no wind, gentle snow was falling and soft powder to walk on. Special thanks to Thom for picking up the signs on the course and to Danielle and her staff at Lindy's who opened up early for us. I had no Jogpot as our hikers have been so good with our hosts and Lindy's really appreciated your thank yous and for many your business.

HIKE THE JACK: IMPORTANT NOTICE! Our scheduled hike for this weekend has been switched to the **Elks Club in Dowagiac**. Park officials at Madeline Bertrand Park are trying to maintain their trails for cross country skiing through the weekend. The thaw/freeze syndrome that is now going on also would make the trails difficult to hike. Instead I am going to do what I call *Hike the Jack* and set up a cool hike that tours all the world class sculptors located in the city plus two magnificent 19th century historical mansions. *Jack* is short for Dowagiac.

The main hike of the sculptors and mansions is 6.7 miles and I have added a rustic loop around the Mill Pond that makes for a perfect 10.0 miles. The footing should be good and there are several scenic sights on this semi urban hike. I will have a good map and also a descriptive handout of the 16 cool sights that you will encounter. The Elks Club is happy to host us and they will have sparkling clean restrooms available for our start and finish. There will also be an aid station with restrooms available at St. Paul's Church a little more than 1/2 way through the hike. We will have a socially distanced **start between 9:00AM and 10:00AM**.

REHYDRATION: For those who are comfortable rehydrating I suggest the *Wounded Minnow* Saloon in downtown Dowagiac. They may even have outdoor dining available at my request.

DIRECTIONS: Elks Golf Course, 300 Riverside Dr, Dowagiac, MI 49047 (corner of Riverside Drive and Hill Street). Please park near Hill Street and away from the building. *Thank you.*

LECTURE NOTES: I had a veteran Cairn Stone hiker comment last week that she misses the lectures I use to conduct before each hike and before the pandemic hit. She also mentioned that there appears to be some rookies who would benefit from these lectures. Until the time that I will be able to resume our pre hike lectures, I asked Thom to add a *Lecture Notes* section on my Cairn Stone Adventure Tours website. I plan to include important coaching tips along with each bi-weekly training newsletter. We will add these coaching tips to the *Lecture Notes* page for easy access and future reference. Rookies especially will find it very helpful. This week I would like to address the importance of a high quality day pack (**see attached**).

GRAND CANYON & SCOTLAND: We need to check our records to be sure we have everyone registered and your deposit recorded correctly. I will be sending out two verification emails on **Monday, March 1**, one to each group. Your receipt of the email will verify that you are on the list. If you don't get the email by Tuesday evening then email Thom, he will work with you to correct our records.

Thom@CairnStoneTours.com

