

CAIRN STONE NEWSLETTER

TO: Utah Trekkers and 2021 Training Partners
FROM: Coach Ron Gunn
DATE: August 25, 2021
574.215.4779

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CAIRN STONE HIKERS KILL IT!

MADELINE BERTRAND PARK: We had a big turnout of 89 trekkers enjoy a beautiful day to nail a very challenging work out! We had 22 hikers complete the 20 mile course and 11 of them completed the extra credit two mile spur to the haunted cemetery! The resident zombie was very impressed. **Special thanks** go to Jay and Kathy Crouch, Larry Lies, Gary Kachur and Kathy Flynn. I also appreciated the treats from Virginia Golden, Ginger Riley and Jim D'Haenens. The new head ranger at Madeline Bertrand was very impressed with the support of our group and was glad that he opened the gate two hours early. Our outdoor rehydration station at the *Front Street Pizza & Pub* also went very well.

LAWLESS PARK: Our final training hike prior to the Manistee TEST HIKE will be conducted at the beautiful, challenging all trail course at **Dr. T. K. Lawless County Park**. Because of the warm weather forecast I am going to have a socially distanced start between **7:00 and 8:30AM**. The courses that will be available include 8.2, 13.1, 15.0 and 16.9 miles. This is our penultimate hike prior to Utah and we are starting a taper. Bring plenty of water, insect repellent and sun screen. Gary will run his aid station at 7.6 miles and **I need a volunteer** for the aid station at the *Scout Bridge* (574.215.4779). Please pay your entry fee into the Jogpot, not at the entrance.

DIRECTIONS: Lawless Park, 15122 Monkey Run Street, Vandalia, MI 49095

REHYDRATION: Lindy's Restaurant, 57983 M-62, Cassopolis, MI 49031

MANISTEE TEST HIKE: I am really fired up for the upcoming TEST HIKE and I appreciate everyone who has submitted the information declaration forms to me. We have 29 candidates aiming for the 21.6 and 15 going 11 miles from the *Little Mac* bridge to the finish. We also have a majority of those people coming to the reception on Friday night. I appreciate everyone's responses as it greatly helps for planning purposes.

HOTEL ROOM: There is one hotel room available. Call Thom at 269.462.0683 if you want it.

UTAH TRIP UPDATE: I will soon be sending out an IMPORTANT UPDATE to all Utah Trekkers for your immediate attention and careful review. Please be looking for this.

