

CAIRN STONE NEWSLETTER

TO: Utah Trekkers and 2021 Training Partners
FROM: Coach Ron Gunn
DATE: July 28, 2021
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CAIRNSTONEADVENTURETOURS.COM



ROADRUNNER TRAILS ARE GREAT VENUE FOR TRAINING GAINS!

ROADRUNNER TRAILS: We had a big turnout enjoy *The Trails* and make valuable training gains. Special thanks go to Matt Stack, Tony Walker, Jay Crouch, Ray Klomes and the Dowagiac Elks Club and our star aid station keeper Gary Kachur. I also appreciated our Cairn Stone hikers who supported the Elks for their post hike rehydration station.

LOVE CREEK: Our next training hike will be this **Saturday, July 31** at **Love Creek County Park** in Berrien Center, Michigan. We will have a social distance start between **8:00AM and 8:30AM** and beautiful courses of 5.0, 11.0, 16.0 and 21.0 miles will be set up. Please pay your park entry fee into the Jog Pot at the lodge. Beautiful, clean modern restrooms will be available.

DIRECTIONS: Love Creek Nature Center, 9292 Huckleberry Road, Berrien Center, MI 49102

REHYDRATION: I suggest OTI (Old Tavern Inn) in Sumnerville for rehydration (about 9 minutes away).

MANISTEE RIVER VALLEY: I appreciate the declaration forms received for our participants! It looks like we are going to have a great turnout. I am excited about this iconic TEST HIKE!

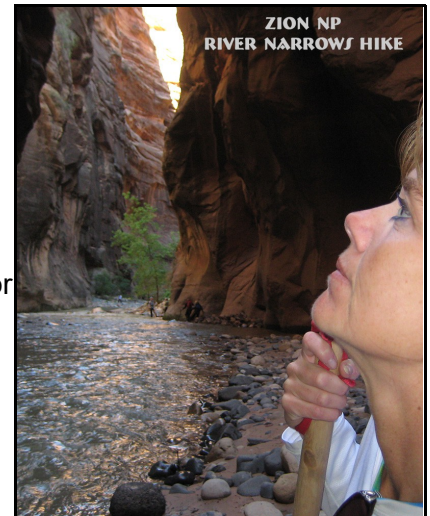
UTAH UPDATE - WILDERNESS PERMITS: I have been in contact with the *Zion Adventure Company* and the *Zion National Park*. Things are settling down and a good recovery has been made from the recent flood. Also both the National Park and the Springdale shuttles are running and both are again free of cost and restrictions. Hopefully by mid September and early October things will even be better.



WEST RIM TRAIL: For those who qualify for the *West Rim Trail* hike the cost of the shuttle from *Zion Adventure Company* to the trailhead will be \$45. No trail permit is needed for a day hike.

NARROWS TOP TO BOTTOM: For those who qualify for the *Narrows Top to Bottom* the shuttle cost is \$50 and a \$5 backcountry trail permit is required. The September hike permits are available starting August 5 and the October hike permits are available starting September 5. Please see the link in the email for obtaining your through hike permit for the *Top to Bottom Narrows* hike. Don't miss this deadline! [Itineraries attached]

NARROWS BOTTOM UP: *Get in the river!* No qualification or permit required for a *Narrows* hike going up and back. This is an iconic hike I urge everyone to experience and is available to all of our Utah Trekkers.



“Because the harder and the more remote the obstacles are, the more joyful the victory!”

Margaret Sluiter

Cairn Stone Vet
Scotland & New Zealand