

CAIRN STONE NEWSLETTER

TO: Utah Trekkers and 2021 Training Partners
FROM: Coach Ron Gunn
DATE: June 2, 2021
574.215.4779

CairnStoneAdventureTours.com



CAIRN STONE HIKERS ACCEPT CHALLENGE IN THE DUNES!

INDIANA DUNES: On a beautiful but warm day our trekkers worked hard and smart and reaped solid training benefits. Special thanks to Jay Crouch, Rob Riley and Doug Geissler for a great job of setting up the course and to Peggy Watts for taking down the course at Cowles Bog. Gary did another outstanding job with his aid station!

SAUGATUCK ZIG ZAG: Our next training hike will be this **Saturday, June 5 at Saugatuck, Michigan.** We will have a social distance start from **9:30 to 10:00AM** at the Mt. Baldy parking lot. The primary distance is 6.9 miles but an additional 6.2 miles course along the beautiful bluff overlooking Lake Michigan can be added on. I love this hike and *mile for mile* it is one of the most beautiful hikes I have ever created. And it has very little hiking on sand dunes but it is challenging. It will be a good taper sharpening hike before the TEST HIKE. I appreciate everyone starting on time as parts of the course will not be marked until the last minute before 9:30AM. There is a restroom at the start and also on the bluff.

DIRECTIONS: Mt. Baldhead Park, 735 Park St, Saugatuck, MI

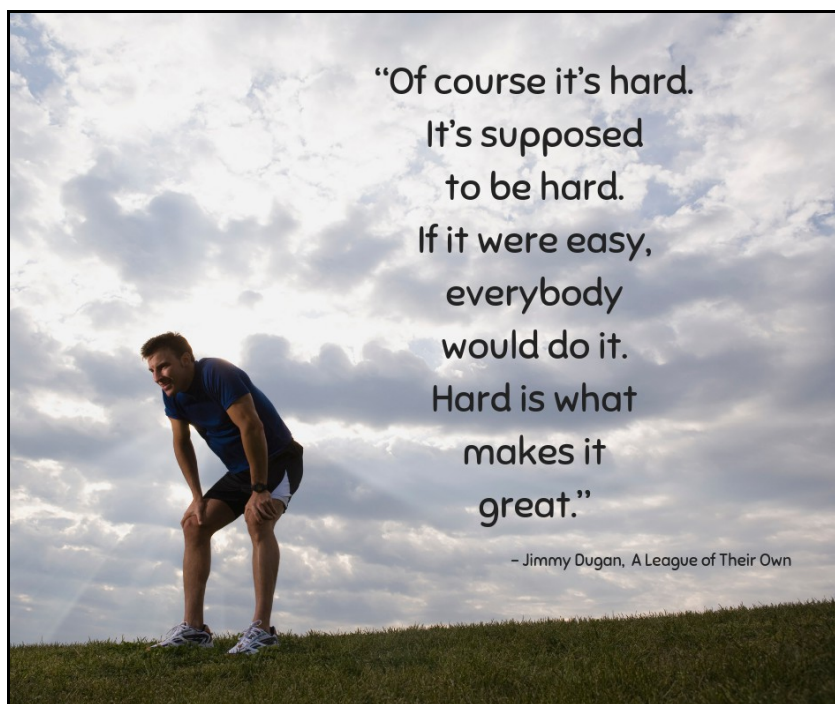
REHYDRATION: I suggest the *Saugatuck Brewing Company* on Blue Star Highway as you come into Mt. Baldy park. (2948 Blue Star Hwy, Douglas, MI 49406)

TEST HIKES: I am very excited about the upcoming two TEST HIKES! I have submitted our order for the Utah hiker's long sleeve tech shirts. We have 31 coming to Devil's Lake and 66 coming to the Jordan River Valley hikes.

VOLUNTEERS: If anyone is interested in volunteering to help with either TEST HIKE please let me know. (574-215-4779 or Ron@CairnStoneTours.com)



Coach's son Jake & his daughter Adi



WEST BLUFF, DEVIL'S LAKE