

CAIRN STONE NEWSLETTER

TO: Utah Trekkers and 2021 Training Partners
FROM: Coach Ron Gunn
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CAIRN STONE HIKERS SHINE AT JORDAN RIVER VALLEY!

JORDAN RIVER: We had great weather for the second half of our TEST HIKE doubleheader in the Jordan River Valley. We had 20 hikers qualify for our final TEST HIKE at Manistee. We also had several hikers enjoy the 3.2, 8.6 and 9.1 courses that were also set up.

I feel that many valuable things were learned including present conditioning level, day pack loading and concentration on course map. Everyone richly deserved the special TEST HIKE shirts awarded at the finish. For those who participated but did not receive their shirts I will have them at our hike this Saturday. I appreciate the awesome Jog Pot! It was very helpful and inspirational! I also want to recognize the Cairn Stone vets who completed the **Bad Ass Doubleheader**: Kathy Crouch, Jay Crouch and Larry Lies! [Devil's Lake & Jordan River TEST HIKES]

Special thanks go to Jay and Kathy Crouch, Gary Kachur, Chris and Debbie Beckman and Thom Janssen. I really appreciate all those who participated in our TEST HIKES.

TREE-MENDUS FRUIT: Our next training hike will be this **Saturday, July 3 at Tree-Mendus Fruit** located about 7 miles west of Dowagiac. Our social distanced start for this hike will be from **8:00 to 8:30AM**. Wonderful courses of 5.0, 7.3, 15.9 and 20.0 will be set up on this popular Cairn Stone training site. The good news is that Cindy and Glynn are totally fired up and will have water and clean toilets available! A Jog Pot will be available. The weather looks good and plan to use the sunscreen and insect repellent from your day pack.

DIRECTIONS: Tree-Mendus Fruit Farm, 9351 E. Eureka Road, Eau Claire, MI (West on M62 from Dowagiac, north on Brush Lake Road about 1 mile, L on Eureka Road.)

REHYDRATION STATION: I highly recommend the Indian Lake Pub. It has outdoor seating and great food including one of my favorites, yummy Brussel Sprouts! (4 min. - East on M62 to Indian Lake Road, L (north) about 1 block)

SCHEDULE CHANGE: Venue change for August 14 hike (see revised schedule attached)

