

CAIRN STONE NEWSLETTER

TO: Utah Trekkers and Training Partners
FROM: Coach Ron Gunn
DATE: March 3, 2021
574.215.4779

CAIRNSTONEADVENTURETOURS.COM



DYNAMITE TURNOUT AT HIKE THE JACK!

HIKE THE JACK: We had 81 fired up trekkers who enjoyed a beautiful, mild day. Everyone seemed very happy with the new course and it was a great sub for the trails that were subject to the thaw/freeze syndrome. A big shout out to Jay and Kate for their help on the course setup, Dan and Elaine who took down the signs (all 47!), Gary and his wonderful aid station, Ray Klomes of the Elks Club, and Dick Judd and St. Paul's Church. The Jogpot was wonderful and nice gifts were made to the community projects of the Elks Club and the food bank of St. Paul's. It is easy for me to work my butt off for all Cairn Stone hikers. Not only do you have strong legs and lungs, you have wonderful hearts both figuratively and literally!



MINI BONUS HIKE: I have a practice run and hike for our *Shamrock Turkey Trot* scheduled for this weekend and I am inviting all Cairn Stone hikers to attend. Both the 5k and 10k courses will be set up and well marked from **9:00AM to dusk** both **Saturday and Sunday, March 6 and 7**. Also, for those who registered for the race and haven't received their t-shirts yet may pick them up at my son Jeff's bookstore – *Olympia Books* – in downtown Dowagiac across from 5/3 Bank on Saturday from 9:00AM – 11:00AM.

Registered runners and walkers can also pick up their shirts at the race on March 20. Course maps will also be available at the bookstore or in a box located underneath the *Children's Playground* sign at Rotary Park located ½ mile north of the start at the Dowagiac Middle School. It also isn't too late to register for the *Shamrock Turkey Trot* (see attached). I could also use a couple of **volunteers for race day**. (Ron@CairnStoneTours.com 574-215-4779)

DIRECTIONS: Rotary Park Dowagiac, Riverside Drive south of Hill Street. Children's Playground is south of the ball field. Dowagiac Middle School, 57072 Riverside Drive, Dowagiac, MI 49047 (park in south side lot).

FIRST TWO TEST HIKES: Our first round of TEST HIKES is coming up in June and I am asking that you give your **immediate careful attention** to the attachments if you are considering an elite backcountry hike in Utah (*West Rim Trail* or *Top Down Narrows* at Zion). Hikers who wish to qualify for the final TEST HIKE at *Manistee River Valley* on September 11, 2021 **must finish** one of these two first round hikes at *Devil's Lake* or *Jordan River Valley*. [NOTE: These are also **great destination hikes** for those not training for an elite hike.]



“To me the excitement surrounding our TEST HIKES can be equated with the excitement of *March Madness* of the NCAA Basketball Tournament. I just love it!”

Coach Gunn

