

CAIRN STONE NEWSLETTER

TO: Utah Trekkers and 2021 Training Partners
FROM: Coach Ron Gunn
DATE: May 6, 2021

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SUPER DAY AT SPUD CREEK!

POTATO CREEK: Believe it or not, the rain held off at Potato Creek and we had a very productive training hike. We had 60+ fired up Cairn Stone hikers! Special thanks go to Jay and Kathy Crouch, Larry and Terri Lies, Rob and Lee Riley, Gary Kachur, Craig Clapper and Ginger Riley. Our hikers also enjoyed a bonus of no park fees or JogPot and I know that many many Cairn Stone hikers support this great park through an annual membership.

GRAND MERE: Our next training hike will be this Saturday, May 8 at Grand Mere State Park west of Stevensville, Michigan. We will meet at North Lake Rotary Park and we will have a social distance start between 8:00 and 9:00AM. The course distances will range from 15.0 to 7.9 miles on this outstandingly beautiful but challenging course. North Lake Park has nice restrooms and hopefully they will be open. Also, there are two vault toilets at the Grand Mere State Park parking lot. You will pass them in 1.1 miles on our course or plan a stop there before coming to North Lake for the hike.

DIRECTIONS: North Lake Park, 3600 Grand Mere Road, Stevensville, MI (From Stevensville west on John Beers Road, cross I-94, stay on Grand Mere Road to N. Lake park. From I-94 take exit 22 (Stevensville/John Beers), west on Grand Mere Road to N. Lake park.)

REHYDRATION: For those interested I suggest rehydration at the *Round Barn Brewery and Public House* in Baroda. I also suggest a stop at the *Chill Hill Winery* (8986 1st Street, Baroda). It is a really cool place to stop for some wine or cider before lunch just down the street at *Round Barn*. The *Chill Hill* owner's are big supporters of our Hike For Haiti at *Lemon Creek Winery*.

TEST HIKE HISTORY: With our big TEST HIKE coming up in June I have written a history on these original and genuine TEST HIKES created by Cairn Stone Adventure Tours. The TEST HIKES are a unique and original program that has become a coveted tradition of Cairn Stone hikers (Please see the attached).

ELITE HIKES: We have two backcountry elite hikes this year on our Utah trips that will require TEST HIKE qualification – The West Rim Trail and The Narrows.

(Please see the attached for more information on these two world class hikes.)

