

CAIRN STONE NEWSLETTER

TO: Utah Trekkers and 2021 Training Partners
FROM: Coach Ron Gunn
DATE: September 8, 2021
574.215.4779

CAIRNSTONEADVENTURETOURS.COM



GREAT GUTS AT LAWLESS!

LAWLESS PARK: My *weather luck* finally ran out at Lawless Park but using grit and smart tactics our hikers got the job done during hot weather on a challenging course. I was very proud of our team members! Special thanks to Gary for his aid station stops and Scott Wymen and Jay Wade of the Cass County Parks Department for having the course in great shape. And thanks to everyone who contributed to the Jog Pot! The Cass County Parks department really appreciate it!

MANISTEE: Our next hike will be our final TEST HIKE at Manistee River Valley on Saturday, September 11. Please see the attachment for complete info. For those interested I will lead a caravan from the Holiday Inn to the start at 7:00AM. We will have a day pack check at 7:45AM and the first day pack tags will be awarded. Course maps will be handed out and we will have a socially distanced start between 8:00 and 8:30AM. Please no early starts. The TEST HIKE for our elite hike candidates is 20.1 miles and I have an extra credit 1.5 mile spur at the finish up *Mt. Manistee* and back (21.6 miles total). For our destination hikers we will also have hike options of 16.0, 10.8 and 5.6 miles. It looks like we will have great weather with partly sunny skies and temps reaching a high in the mid 70's. Our reception on Friday will start at 5:30PM and I will have comments at 6:00PM. We now have 45 signed up to attempt to qualify for the Utah elite hikes and we have 16 signed up for the 10.8 and two for the 16.0 mile hikes. For the reception we will meet outside the Holiday Inn on the west side. I suggest bringing lawn chairs so we can spread out.

I would like to thank Dan and Elaine Metzger for their donation of bottled water and Beth Baker-Janssen for her donation of a case of white field marking paint.

WEBSITE: One of my disappointments during the pandemic has been that I have not been able to conduct my pre hike lectures. Over the years I feel that we have come up with some really great coaching advice! One of my Cairn Stone vets reminded me of this and felt that we should share this wisdom with the rookies. At this point in our training program three lectures particularly stand out in my mind. They are, preparing for the big trip, Fuel In The Canyon, and reading a map. I urge everyone to preview these coaching tips and hopefully we will get back to our regular program soon. [See attachments]

BEST OF UTAH: There's good information to help you prepare for your adventure in Utah on this page of my website. It has been updated recently with answers to questions we have been getting from our rookies.

UTAH TRIP UPDATE: Thom will be sending out the updated and final copies for you to print and take with you, no later than a week prior to departure. These items will included, Itinerary, Pocket Itinerary, Contact List and Pocket Phone List. Please be looking for these and discard earlier versions.

FINAL PAYMENT: Please mail final payment \$176 (\$52 ground package) to **Cairn Stone Tours, c/o Andrews Tax, 18 N. 4th Street, Niles, MI 49120**. Check payable to *Cairn Stone Tours* with "Utah" on the comment line. If you have a 2020 Devil's Lake credit you may deduct it but note it in the comment line, "Utah -\$xxx Devil's Lake." Some have a balance due, if you are not sure please contact Thom for your balance. Thom@CairnStoneTours.com

"The excitement of a Cairn Stone TEST HIKE is one of our best traditions!"

Coach Gunn

