

# CAIRN STONE 2025 NEWSLETTER

TO: UP NORTH & TRAINING PARTNERS

FROM: Coach Gunn

DATE: August 6, 2025

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## GREAT ATTITUDE AT GRAND MERE!

**GRAND MERE:** Our Cairn Stone Trekkers displayed grit and attitude on the challenging Grand Mere layout, weather and bugs. Congratulations to all our TEST HIKE qualifiers! I want to thank my outstanding volunteers which included Jon Veersma, Larry and Terri Lies, Dave and Karen Laetz, Gary Kachur and Thom Janssen. Great job!

**POKAGON PARK:** Our next training hike will be this Saturday, August 9 at 10:00AM. I realize that it is going to be hot and I have reduced the goal distance for this hike to 11.9. However, there will be an extra credit hike of 18.7 miles for those interested. There will be an aid station at 4.4 miles at the Spring Shelter. Pay entrance fee at the gate – there will be no Jog Pot. [\$7 Indiana, \$9 others]

**DIRECTIONS:** Pokagon State Park, Angola, IN (I-94 east, south on I-69, west on IN-727 into park)  
[Driving map link in email]

**REHYDRATION STATION:** To be announced at the 10AM course briefing.

**BONUS HIKE:** Just a reminder that I will be hosting our Meteor Watch Night Hike on Wednesday, August 12 at 9:00PM at Lawless County Park. Obviously this hike will be conducted if the weather is good for viewing meteors. Bring your head lamps and use the red light. The course distance is 6.0 miles and is set up to allow for excellent viewing.

**SCOTLAND:** Reunion party **August 17**. IMPORTANT-All Scotland Thistle Trekkers should have sent Coach their RSVP by now for the party. This is required for two reasons: One, to know the number of meals to prepare and two, to know your hooded sweat top size. Those who want a tech shirt instead, should have emailed Thom by now with your shirt size. If you haven't, please do so today.

**TEST HIKES NOTE:** Everyone trying to qualify for the full Grand Island hike Up North must complete one Test Hike in good time. **Coach will evaluate every candidate's result.** The next and last TEST HIKE is August 23 at Swiss Valley. [A Test Hike is only required if you plan to do the 21 mile Grand Island loop.]

