

TO: Training Partners  
FROM: Coach Gunn  
DATE: April 1, 2026  
574.215.4779

Ron@CairnStoneTours.com



## GREAT TURNOUT AT LOVE CREEK!

**LOVE CREEK:** We had over 80 trekkers make significant gains on these beautiful trails. Special thanks to Kathy Flynn, Dave Dits, and Annette Deguch for help with course setup and take down. Also a tip of the hat for Mike Premeske for getting me to and from the O'Hare Airport for my trip to Washington.

**LAWLESS:** Our next training hike will be this coming **Saturday, April 4 at DR. T. K. Lawless County Park**. The course distances will be 13.1 (half marathon), 8.2 and 5.0 miles on the beautiful and challenging trails of Lawless. **An update** on the *Test Hikes* will be presented at **9:00 AM**. Please pay park fee in the Jog Pot. Modern restrooms are available at the south end of the shelter where we meet. Our rehydration station will be *The Taj* in downtown Cassopolis. It features *pub grub* plus authentic delicious Indian cuisine.

**DIRECTIONS:** *Lawless County Park*, 15122 Monkey Run, Vandalia, MI

**REHYDRATION STATION:** *The Taj*, 135 S. Broadway, Cassopolis, MI



**“Thank you for all the birthday cards, emails and posts.  
I am a very lucky coach!”**

**Coach Gunn**