

CAIRN STONE 2025 NEWSLETTER

TO: UP NORTH & TRAINING PARTNERS
FROM: Coach Gunn
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CAIRN STONE DID IT ON THE TRAILS!

ROADRUNNER TRAILS: *Do it on the trails* became a fruitful reality for over 60 fired up trekkers! The weather was great as our long hitters made final chips on their progressive overload training goals. Special thanks to Gary Kachur and Larry Lies for their dedicated help and, as always, Ray and staff at the Elks! Our hikers did a great job of keeping the parking open and of course we always appreciate the outstanding support of SMC that they give us!

LAWLESS PARK: Our next training hike will be this **Saturday, June 28** at Dr. T. K. Lawless County Park in east Cass County. We will meet at **8:00AM** for an Up North update and important course briefing. Hikes on this beautiful course will start following the briefing with distances ranging from 5k to 17 challenging miles, including the *Sandhill Crane Half Marathon* course. We will cross Monkey Run street for the final 4.0 miles on the bike trails. Note that this might be Mother Nature's day pack check as the current weather has been perfect for bugs that bite. If you are prepared and have all you need in your day pack it will be no problem. [Course maps will go out Friday]

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

REHYDRATION STATION: *Holden Green Tavern* in downtown Cassopolis. A cool and deserving place for our post hike fellowship. 151 S. Broadway, Cassopolis, MI.

UPDATE: Kathy Flynn and I took off on an Up North scouting trip last week and we are happy to report that everything looks great for this trip with several classic hikes! More at the briefing Saturday.



"I LOVE OUR REHYDRATION STATIONS AND THE EXTRA SPIRIT
THAT THEY BRING TO OUR TEAMS!"

Coach Gunn