

TO: Training Partners
FROM: Coach Gunn
DATE: May 13, 2026
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CAIRN STONE TREKKERS ROAR ON ROADRUNNER TRAILS!

ROADRUNNER TRAILS: We had a strong turnout tackle the Roadrunner Trails and come away with significant training gains! Special thanks to Jay and Kate Crouch, Larry and Terri Lies, Gary Kachur and Ray Klomes for their extra effort! And also thank you for a very generous Jog Pot. Cairn Stone Tours will sponsor a tee sign on the Elks golf course again. I also appreciate everyone parking away from the golf pro shop.

SWISS VALLEY: Our next training hike will be at **Swiss Valley Ski Area** near Jones, Michigan. We will meet at **9:00 AM** with a short but important course briefing in the Main Lodge. At 9:05 AM hikes will start on courses of 15.5, 7.4, and 5.6 miles; see me about other distances. Please deposit your signed waiver form before you sign in. We are invited guests on this private property this Saturday from 8:30 AM to 3:00 PM only, specifically for this hiking session. I remain very thankful to Jaime and Missy for their wonderful, continued support that allows us this unique opportunity!



DIRECTIONS: Swiss Valley Ski Area, 13421 Mann Street, Jones, MI

REHYDRATION STATION: The *Friendly Tavern*, 12355 M-60, Jones, MI.



"The Enchantments hike is not a cakewalk!"

Coach Gunn

