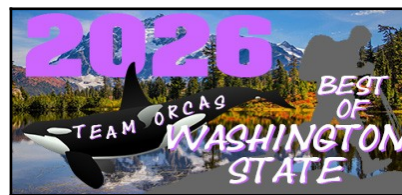


# CAIRN STONE TRAINING NEWSLETTER

TO: Training Partners  
FROM: Coach Gunn  
DATE: June 24, 2026  
574.215.4779

Ron@CairnStoneTours.com



## CAIRN STONE TREKKERS DO IT ON THE DUNES!

**INDIANA DUNES:** We had a fired up *pod* of Cairn Stone hikers successfully tackle this challenging course. **Special thanks** to Jay, Kathy, Larry and Terri for their excellent job of setting up the course and to Gary for a great aid station.

**LAWLESS PARK:** Our next training hike will be this **Saturday, June 27** at the **Dr. T. K. Lawless County Park**. We will have a test hike update and a course briefing at **8:00 AM** and start hikes of 20.8, 13.1, 6.2 and 3.1 miles at 8:10 AM.

**DIRECTIONS:** *Lawless County Park*, .15122 Monkey Run, Vandalia, MI (Meet in the shelter. Pay parking fee to the Jog Pot.)

**REHYDRATION STATION:** *Cassopolis Beer Company*, 139 N. Broadway, (M-60 west to Cassopolis stop light, turn right, ½ block on left before the Library).

