

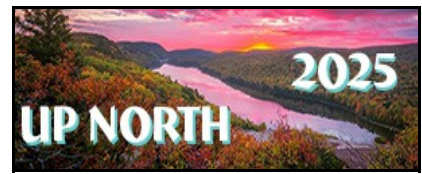
CAIRN STONE 2025 NEWSLETTER

TO: UP NORTH & TRAINING PARTNERS

FROM: Coach Gunn

DATE: September 2, 2025

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Ron@CairnStoneTours.com

CAIRN TREKKERS NAIL LOVELY HIKE AT LAWLESS!

LAWLESS PARK: Lots of good training on a wonderful day at Lawless County Park! And we had five more of our team qualify for the big hike at Grand Island! [Attached is the list of all qualifiers] Everyone really enjoyed the addition of the Big Dipper bike trail loop! Special thanks go to Scott Wyman and Jay Wade on the Cass County Parks staff for their wonderful work on grooming the trails. Also special thanks go to Gary Kachur for another great aid station and to Thom Janssen. And I really appreciated those who enjoyed our rehydration station.

VENUE CHANGE: IMPORTANT UPDATE! Due to storm damage at Love Creek our next training hike will be switched to Madeline Bertrand Park in south Niles. The gate will open early for us at **8:00AM**. As soon as we are assembled I will have a short course briefing and an Up North update. Course options will be 12.4, 10.0 and 6.0 miles. See me if you are interested in an 18.1 course. You will pay the park fee at the gate and there will be no Jog Pot. There are modern restrooms at both Madeline Bertrand and St. Pat's parks.

DIRECTIONS: 3038 Adams Road, Niles, MI [Driving map in email]

REHYDRATION STATION: We will rehydrate at the Iron Shoe in downtown Niles.

SCOTLAND SWEAT TOPS: For those who did not pick up their sweat top already, see me Saturday to get yours. For those that received a tech shirt and want a sweat top in addition, I will sell them at my cost of \$25. I have a few of these beautiful Scotland sweat tops available in some sizes. **Scotland Trekkers that cannot pickup their sweat tops** must email me now your intention to get it by mail so I can put aside your size. Sweat top purchase is subject to availability and you must email me your size in advance.

[Ron@CairnStoneTours.com] **BY MAIL:** If you cannot pick up your sweat top email me **size and mailing address now** (I need a count) and mail a \$21 check for Cairn Stone Tours to pay postage for a Priority Mail Medium box. [Ron Gunn, 142 Conifer Trail, Dowagiac, MI 49047]

