

CAIRN STONE 2025 NEWSLETTER

TO: UP NORTH & TRAINING PARTNERS
FROM: Coach Gunn
DATE: July 23, 2025
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SMALL BUT QUALITY TRAINING TEAM AT INDIANA DUNES!

INDIANA DUNES: We had a small but dedicated group successfully complete this challenging course. We are making good progress towards our ambitious goals UP NORTH! Special thanks go to Larry & Terri Lies, Kate Crouch, Jim and June Brandner, and Thom Janssen for all their help.

GRAND MERE: Our next training hike will be at Grand Mere State Park near Stevensville, Michigan this Saturday, July 26 starting at 8:00AM. We will meet at North Lake Park for hike distances of *17.3, 9.4 and 7.6 miles. There are modern restrooms at North Lake Park.

*17.3 miles is the TEST HIKE distance for those wishing to qualify for the full Grand Island hike.

DIRECTIONS: North Lake Park, 3600 Grand Mere Road, Stevensville, MI (I-94 exit 22, W 1,800')
[Driving map link in email]

REHYDRATION STATION: *Round Barn Brewery & Public House*, 9151 1st Street Baroda, MI.
[Driving map link in email]

SCOTLAND: Reunion party update – I am excited about our rescheduled reunion party. Scotland trekkers should watch their email for coming details and mark their calendar for **August 17**.

[Test Hike Instructions: Everyone trying to qualify for the full Grand Island hike Up North must complete one Test Hike in good time. **Coach will evaluate every candidate's result.** At this hike, sign in and out as usual with times, distance and/or pace and also **add a Y to the left of your name** to identify yourself as a candidate for evaluation.]

