

TO: Grand Canyon Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: June 23, 2022
574.215.4779

Ron@CairnStoneTours.com

PRISTINE TEST HIKE AT JORDAN RIVER VALLEY!

JORDAN RIVER: We had one of our best weather days ever for a TEST HIKE. We had 38 hikers nail the 20.1 mile distance and qualify for the Manistee River Valley TEST HIKE! We also had four trekkers notch the 16.2 mile and several other Cairn Stone hikers enjoyed the Fish Hatchery and Pinney Bridge hikes. It was a wonderful weekend for our group as we galvanized as a team *holistically!* I have always felt that the TEST HIKES go well beyond just being a physical hike.

THANKS: I want to thank Dee Curtis and Heather Birky for a great job setting up the course and running the aid stations, Ginger Riley for setting up the *goodies* for the reception and at the finish, Thom who swept the second half of the course and picked up our signs, and Mike, Greg, Peggy, Debbie, and Teri for their help at the finish.

TEST HIKE SHIRT: For those that didn't receive their TEST HIKE shirt I am ordering more and will have them at Manistee. I also appreciate those who contributed to the Jog Pot. It was a big help!

COVID MAKEUP HIKE: For those who were unable to attend this hike due to Covid issues I have planned for a makeup hike at the Jordan River Valley on **Saturday, July 23**. I wish all a speedy and complete recovery. Please contact me to confirm. 574.215.4779

TREE-MENDOUS FRUIT: Our next training hike will be **Saturday, July 2** at the former *Tree-Mendous Fruit Farm* just west of Indian Lake. We will have an open start between **8:00AM and 8:30AM**. This is a delightful hike through orchards, woods, grassy fields and quiet gravel roads. The distances offered are 21.4, 10.7 and 7.3 miles.

DIRECTIONS: **Tree-Mendous Fruit Farm**, 9351 E Eureka Rd, Eau Claire, MI 49111 (M-62 west of Dowagiac, north on Brush Lake Road, left on Eureka Road about one half mile.)

REHYDRATION: I suggest the nearby *Indian Lake Pub* for rehydration.

MANISTEE TEST HIKE: IMPORTANT! Please find attached information and action items for our final TEST HIKE - make hotel reservations and send in the form. I suggest making a prompt hotel reservation if you wish to stay at our group hotel, the Holiday Inn – Cadillac. Lodging Up North this summer is at a premium!

GC XII, ID REMINDER: Some Grand Canyon Trekkers still need to send their ID to Thom. Text or email a copy of the ID you plan to use at TSA – Drivers License or Passport. Include your **TSA PreCheck** number if you have one. (Note: Utah Trekkers only need to submit changes from last year's info.)

Thom@CairnStoneTours.com 269.462.0683

BONUS HIKE: With the cooperation of Scott Wyman and Jay Wade at Lawless Park I have added the **Persied Meteor Night Hike** with headlamps. Mark your calendar for **Thursday, August 11** and watch for more details soon.



[11:22AM, 1st 20 milers to Pinney Bridge]

"I Do Not Enjoy Crowds Of People.
I Do, However, Love Crowds Of Trees."

Unknown

