

STELLAR TRAINING AT POKAGON!

POKAGON STATE PARK: Our *fired up* group took a *sow's ear and made a silk purse* out of it! We were greeted by a cold day with snow from the day before but everyone was prepared and did a great job and made some valuable training gains! We had a big group of over 70 and a great time was had especially at the finish celebration in the historic rustic lodge. The group did a wonderful job of recognizing my 80th birthday and I was amazed by all the very special cards and really cool gifts. In fact about 18 Cairn Stone hikers stayed over for two nights and it was quite a party! I was so touched that I am going to organize a special Bonus Hike this weekend where I can show off all the cards and gifts. Check out the Bonus Hike details below.

Special thanks go to Larry Lies and Rob Riley for coming up Friday to help mark the hike for me and also thanks to Terri and Larry Lies for picking up the signs on Saturday. **Extra Effort thanks** goes to Chris Ringer and Mike Premeske for rescuing me when stranded at the aid station with a bad battery. **Also thanks** to Doug Geissler, Gary and Marlene Kachur, and Teri Hajek for their help and Dan and Elaine Metzger for the very tasty homemade cookies.

BONUS HIKES: As an expression of my thanks I am organizing a pair of bonus hikes at **Saugatuck** on my personal favorite Zig Zag course. The hikes will begin at the Mt. Baldhead parking lot on **Saturday, April 2, at 10:00AM** and on **Sunday, April 3 at 1:00PM**. There will be no lecture or Jog Pot (you people were great at Pokagon Park!). I'm not sure if the restroom will be open but we will let you know when we send the map on Friday. The distances will be 6.8, 10.7, 12.8 and 13.0 miles. I am very appreciative of trailblazers Jay and Kathy Crouch helping me set up these hikes!

DIRECTIONS: Mt. Baldhead Park, 735 Park Street, Saugatuck, MI (Driving map links in email)

REHYDRATION: Tough choice! *Isabel's* or the *Saugatuck Brewing Company*.

DIRECTIONS: South on Park Street to Blue Star Hwy, Right, then *Isabel's* is immediately on the right, a little further is *Saugatuck Brewing Company* also on the right.



"Our Cairn Stone team is truly an exceptional group of human beings!"

Coach Gunn

