



WONDERFUL WANDER THROUGH THE WILDFLOWERS!

LAWLESS: We had a beautiful day to do this challenging hike and we were also blessed with an abundance of wildflowers! We had 93 fired up Cairn Trekkers tackle this course and make significant training gains. I had a good turnout for the very important *Fuel For The Canyon* lecture. If you missed this you will find the notes on the website (in the training section under *Lecture Notes*). There are some very important strategies that our elite hikers need to be employing now in their training hikes.

Special thanks go to Scott Wyman and his assistant Jay Wade of the Cass County Parks department. Also a big shout out to aid station ace Gary Kachur. And additional thanks to the muscles of Barb Walsh, Craig Clapper and Doug Fecher who helped me get the Gator out of the mud! The Jog Pot was awesome and I appreciate the excellent turnout at *Holden Green Tavern* for rehydration. Both the Jog Pot contributions and the rehydration station turnouts go a long way to keep the welcome mat out which supports this training program.

GRAND MERE: Our next training hike will be this **Saturday, May 7 at Grand Mere State Park** near Stevensville, Michigan. This is one of our classic *cardiac stretcher* that will help you get ready for the first TEST HIKE at *Jordan River Valley*. The hike will start at **8:00AM** with a mini clinic on strategies and techniques for both up and down hill challenges. The course distances are 7.9 (no dune), 10.5 and 17.0 miles. There is a modern restroom at the start (I hope it is open at 8:00AM) and a vault toilet at 1.2 miles on the course. Trekking poles are useful. I am also hopeful that I will have the Cairn Stone sweat tops to distribute to our Canyon Trekkers who paid by the deadline

DIRECTIONS: North Lake Park, 3600 Grand Mere Road, Stevensville, MI 49127

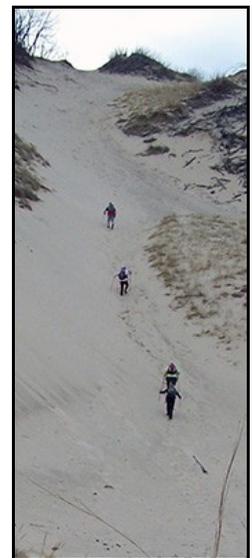
REHYDRATION: *Round Barn Brewery and Public House*, 9151 1st St, Baroda, MI

SPECIAL BONUS HIKE: I am *fired up* to organize a special bonus hike to honor Cairn Stone vet Marlin Schmidt. Details in the attachment – mark down **May 14** on your calendar.

REMINDERS: **Canyon Trekker ID's**, Please email or text Thom with a photo of the ID you plan to use when we fly (Drivers License or Passport) and check the expiration date. **Utah Trekkers** we will use the ID you previously submitted. **JORDAN RIVER:** Need a room or a roommate for the Test Hike at Jordan River Valley or want to car pool? Contact Thom. to help you connect. Right now we have **one male hiker looking for a roommate** (he has a room for two nights).

269.462.0683 Thom@CairnStoneTours.com

"When I coached cross country at SMC I followed a *tear and repair* system of training based on the progressive overload approach. So basically my runners had four *tear days* and three *repair days* each week. Our first *repair day* usually came on a Wednesday and most of my freshmen couldn't believe the posted workout: 30-40 minute run @ GONE FISHIN' tempo. However, most of my runners wondered if there was life after practice on the preceding *tear days*. These workouts made them tough and prepared them for the brutal competition in a national championship meet. In this training we are now entering into a series of *tear workouts* that will be very helpful in your preparations for the challenges of the Grand Canyon."



Coach Gunn

