

CAIRN STONE Test Hike

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: March 13, 2020
574.215.4779



CAIRNSTONEADVENTURETOURS.COM

Ron@CairnStoneTours.com

SUNDAY, SEPTEMBER 6, 2020

- 7:30AM** Caravan departs from the Holiday Inn parking lot to the hike trail head.
- 8:15AM.** All Hikers meet at the trail head parking for a **DAY PACK CHECK**.
- 8:30 am.** *Utah extreme hike* candidates will leave the parking lot for the 24.0 mile course.
- 8:30AM** *Deadhorse Rim* hikers leave parking lot for the 21.6 mile course.
- 8:50AM** Shuttle leaves for 16.6 and 11.2 mile courses.

EXTREME HIKERS: This *Test Hike* is **MANDATORY** if you wish to be a candidate for any *Utah extreme hike*. Please be at the trail head on time (see times above). This *Test Hike* cannot be made up and you will not be permitted to start early or late. Set two alarm clocks, electric and battery, and secure reliable transportation. It is always a good idea to have a friend call to double check if you are up and going. Candidates **must finish this Test Hike strong and in the time allotted** in order to qualify for a *below the rim* hike. We have **your safety in mind** and wish to maintain our perfect record of successful hikes. This *Test Hike* has proven to measure well the fitness level required for your successful extreme hikes in Utah.

MODERATE HIKERS: I highly encourage our hikers who plan to do most of the other Utah hikes to attend this hike (see times above). We can make arrangements to drop you off at **16.6, or 11.2 miles** to go. Or you can do an out and back hike starting at the finish. One of the neat aspects of this group is the **fellowship and camaraderie** that is developed on these outings. We will have a **reception** the night before and **all Manistee hikers are encouraged to attend**.

RECEPTION: The reception for all hikers and support staff will be held at the host hotel on **Saturday from 5:00-6:00PM**. I hope that everyone will join us during this exciting time on the eve of our big hike.

T-SHIRTS: Special high tech long sleeve shirts depicting both hikes will be awarded at our first *Test Hike* at Devil's Lake. No shirts will be awarded at the finish this year.

HOST HOTEL: Our host hotel is beautiful Holiday Inn Express complete with complimentary breakfast, pool, and Jacuzzi. It is conveniently located in near downtown Cadillac and 5 minutes from the isthmus between Lake Cadillac and Lake Mitchell where we will take Highway 55 to the trail head. They will give us a **\$124.00 rate** (plus 11% tax) please call **231-779-4656** to make your reservation **by August 15**. Our block is reserved under group block code: **RGH**. All rooms have 2 Queen size beds.

The Holiday Inn Express is located on S. Mitchell street (Bus. 131) just north of US131, exit 177 [NOTE: Driving directions on page 2 to the trailhead].

LOCATION: We will meet at **8:15AM** in the Hiker's parking lot just off of Coates Highway about one mile west of the Coates Highway Bridge across the Manistee River. The DNR does not want us to park in the lot at the bridge. Please drive up the hill about a mile and look for Upper River Road on the right.



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DIRECTIONS TO TRAILHEAD:

- Take M-51 north to I-94
- Take I-94 east to US-131
- Take US-131 north to M-115 (just south of Cadillac)
- Take M-115 west to M-55 (about 3 miles)
- Take M-55 west to Warfield Rd. (about 13 miles; 2 miles after M-37 intersection)
- Take Warfield Rd. north to Coates Hwy. (about 4 miles)
- Take Coates Hwy. west about 3 miles to the Hiker's parking lot (about 1 mile west of the Manistee River)

YOUR ACTION ITEMS: RESERVATIONS, GOAL & CARPOOL

1. Reserve your room by August 22; Call Holiday Inn Express (231-779-4656). [use code: RGH]
2. Register with online form at CAIRNSTONEADVENTURETOURS.COM
3. Questions to Coach Gunn: Ron@CairnStoneTours.com & CC Thom@CairnStoneTours.com.
4. Carpool or roommate: If you need a roommate, a ride or have seats available in your car email Thom@CairnStoneTours.com; he will coordinate.

A COURSE ORIENTATION with maps will be held at the start. **All hikers will log out at the start and back in at the finish. Fill water bottles and bladders prior to arrival.** Carry a **full day pack** loaded as you plan for your toughest hike in Utah; **it's required** to meet these test parameters. Refer to the *Day Pack Check List* (in *Lecture Notes* on website) to verify that you have everything required. You will rely on your day pack for this hike as you must in Utah.

CHECK POINTS: There will be **three checkpoints** for all the long hike candidates.

CHECKPOINT 1 **YELLOW** will be at: **16.4 miles to go.**
CHECKPOINT 2 **GREEN** will be at: **11.3 miles to go.**
CHECKPOINT 3 **BLUE** will be at: **5.7 miles to go.**

Hikers will log in at each checkpoint and refill with water if needed. **Colored day pack tags** will be handed out at each checkpoint. You must place these bands on your day pack and **show them at the finish.**

- ◆ All hiker's physical condition will be monitored at each checkpoint.
- ◆ We would like all hikers off the course by 6:00 pm (9.5hrs HOF).

This is a tremendous barometer that will allow all candidates to evaluate and prove their conditioning level to your coach, but more importantly to yourself.

