

CAIRN STONE 2025 NEWSLETTER

TO: UP NORTH & TRAINING PARTNERS
FROM: Coach Gunn
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CAIRN STONE TREKKERS ARE DUNE BUSTERS!

INDIANA DUNES: [March 22] Our hikers accepted the Dunes Challenge with a great attitude and I appreciated the help of Jay, Kate, Doug and Daryl.

SCOTLAND: HOLY SMACKERS! We had two wonderful trips with unbelievable weather and wonderful attitudes! And we have added some outstanding people to our Cairn Stone Alumni roster. I really appreciated the thoughtful cards and messages and the very generous tips. These items really inspired me and fired me up! I look forward to the reunion of all four trips.

MADELINE BERTRAND: Our next training hike will be conducted this Saturday, May 3 at Madeline Bertrand County Park starting at **9:00AM**. (The park normally opens at 10AM but they are opening early for us!) Please pay at the entry booth and there will be no Jog Pot. Distances offered will include 12.4, 10.0 and 6.1 miles. We are now back on a training schedule with a top goal of 23.4 miles for our most ambitious *Up North* trekkers. I look forward to seeing everyone!

REHYDRATION STATION: Our rehydration station will be at the Iron Shoe in Niles. They have wonderful food. They also now have hard cider and red and white wine available. Soon they will add beer.

