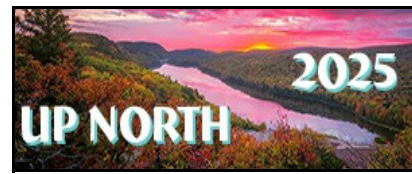


CAIRN STONE 2025 NEWSLETTER

TO: UP NORTH & TRAINING PARTNERS
FROM: Coach Gunn
DATE: June 11, 2025
574.215.4779



Ron@CairnStoneTours.com

GREAT TRAINING GAINS AT ZIG ZAG!

SAUGATUCK: We had a good turnout enjoy a most beautiful course and some substantial training gains! The weather was excellent and Larry and Terri Lies did a super job of marking the course. And I also appreciated Tim Calhoun's help with the course cleanup and a strong Jog Pot!

ROADRUNNER TRAILS: Our next training hike will be on the wonderful Roadrunner Trails. An update on our Up North trips and a course briefing for this hike will be held at **8:00AM** at the **Elks Club** in Dowagiac. Course distances will range from 5 miles to 16 miles.

DIRECTIONS: Elks Club, 300 Riverside Drive, Dowagiac, MI (corner of Hill St. & Riverside Dr. Park as near to Hill street as possible to leave room for golfers to park. EXTRA CREDIT to anyone that parks in the Rotary Park lot south of the water tower – they are expecting a lot of golfers.)

REHYDRATION STATION: *Wounded Minnow*, downtown Dowagiac.

TEST HIKE: I am really fired up for our Up North hikes. They are coming along very well and our TEST HIKE goal hike will be the Epic Grand Island 20.5 mile loop. It is your choice to do this hike that requires successful TEST HIKE completion. There's something for all our hikers with several great hikes on this tour - no TEST HIKE required.

TEST HIKE SCHEDULE: I updated the schedule. There are two hikes but you only need to do one successfully to qualify for the Grand Island 20.5 mile Loop. Registration forms will be available at our next hike at Lawless Park.

- July 26 GrandMere State Park, Stevensville, MI
- August 23 Swiss Valley Ski Area, Jones, MI

