

TO: Training Partners  
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DATE: March 4, 2026  
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## UPDATE ON THIS WEEKEND'S HIKE

**POTATO CREEK:** We had a strong turn out gain valuable training on this all trail course. Special thanks to Jay Crouch and Larry Lies for the course set up and to Drew and Ginger Robb for picking up the signs.

**SAUGATUCK:** As many of you know I am a big fan of the **Saugatuck Zig Zag** hike. I feel that it is one of the most beautiful hikes in the world! Therefore I will be offering this hike twice this weekend on **Saturday, March 7** and **Sunday March 8** starting at **10:00AM** (Remember that *Daylight Savings Time* starts Sunday).

The weather forecast for Saturday calls for rain but Sunday will be partly sunny. Pick your day as I plan to enjoy a long weekend in this wonderful coastal village with my Cairn Stone friends.

We will meet at the **Mt. Baldhead Park parking lot** (735 Park St., Saugatuck, MI) at **10:00AM** both Saturday and Sunday. The restrooms may be closed – plan accordingly. Your *Zig Zag* course distances will be 6.3 and 11.0 miles. An extra credit 17.2 mile course is an option by adding the Lake Bluff section.

REHYDRATION: *Saugatuck Brewing Company*, 2948 Blue Star Hwy, Saugatuck, MI

