

CAIRN STONE 2025 NEWSLETTER

TO: UP NORTH & TRAINING PARTNERS

FROM: Coach Gunn

DATE: July 8, 2025

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LOTS OF HUSTLE AT LAWLESS!

LAWLESS: We had a great turnout enjoy this challenging and beautiful cross country course. A special fired up salute to Scott Wyman for his great job of setting up the trails. Also special thanks to Gary Kachur and Thom Janssen for their excellent help! And the Jog Pot was great – *Merci Beaucoup!*

INDIANA DUNES: Our next training session will be this **Saturday, July 12** at the Indiana Dunes State Park south of Chesterton, Indiana. The hikes will start at 8:00AM (**9:00AM Michigan**) at the Pavilion parking lot at the beach. The hike distances will be 8.25 to 17.0 miles. There will be no Jog Pot as you must pay at the gate to enter (\$7 Indiana, \$9 others). [Course map attached]

DIRECTIONS: Indiana Dunes State Park, West on I-94 or US20, north on IN49. Just north of US20 stay straight to cross over US12, follow road into the park. [Driving map link in email]

REHYDRATION STATION: *Shoreline Brewery*, in Michigan City, Indiana. [Driving map link in email]

UPDATE: Kathy Flynn and I are putting finishing touches on this great trip and an updated itinerary will be mailed soon. *Fire Up for Up North!*

