

TO: Training Teams (NZ & TP)

FROM: Coach Ron Gunn

DATE: April 12, 2018

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BONUS HIKE BONANZA!

RR TRAILS: We had 19 fired up Cairn Stone hikers show up despite dire weather warnings. My weather luck prevailed as it turned out to be a very good day to hike. Special thanks to Whitney and our Cairn Stone hikers, hosts at the Elks Dawn, Amanda, Suzie and Ray. They had a wonderful rehydration station at the finish that even included several neat drawing prizes from area businesses.

BIG ROCK VALLEY: Our next training hike will be this **Saturday, April 14 at Ed Lowe Foundation's** Big Rock Valley just northeast of Cassopolis. At **8:00AM** a lecture on core body strength and a New Zealand update will take place. At 8:30AM hikes ranging from 6.6 to 15.0 miles will take place on this beautiful property. We are very fortunate to be guests on this unique property. [Learn more about their land stewardship program on 2,000 acres at edwardlowe.org]

We will meet at the **Heritage House** and signs will direct you once you are on the property. Also, please remember that we are invited guests and access to the trails is by invitation only. Last year we were good stewards of the land and so were invited back.

DIRECTIONS: 58220 Decatur Road, Cassopolis, Michigan 49031

REHYDRATION: Lindy's Restaurant, 57983 M-62, Cassopolis, MI 49031

TEST HIKE LODGING: Wow, we had such a great response to the Jordan River hike that we used up the complete block of discounted rooms I reserved. They still have rooms but they are the more expensive suites. I've checked out alternative lodging options with rooms at a similar price to the discount rate and near to both Shanty Creek and the trail head.

Bellaire Inn (bellaireinn.com) 231-533-8621 located about 4 miles from Shanty Creek

If you use Kayak, Hotwire or other hotel bargain finders please feel free to do your own search. You will want to check both the distance to Deadman's Hill Trailhead and to Shanty Creek so you can conveniently join us at the Saturday evening reception where important last minute information will be shared for the Test Hike.



Exercise gives you
endorphins.
Endorphins make
you happy.
-Elle Woods