

**TO:** Training Teams (NZ & TP)

**FROM:** Coach Ron Gunn

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## CRACKERJACK DAY FOR LAWLESS TREK!

**LAWLESS:** A big turnout enjoyed another great day to hike early in the season! I must be paying the right preacher! Lots of good progressive overload training was gained on this challenging course. Special thanks to Jay, Whitney, Aid Master Gary Kachur, Scott Wyman and Randy Hartley. The *Jog Pot* was wonderful for the Cass County Parks!

**GRAND MERE:** Our next training session will be this **Saturday, March 17 at Grand Mere State Park** just west of Stevensville, Michigan. The lecture will start at **9:00 AM** and topics covered will be hill techniques, stretching, body fat and our first Test Hike. At 9:30 AM we will start hikes ranging from 4.5 miles to 12.0 miles. The course is almost all trails and is a beautiful part of our *Triple Crown. Challenge* of Lawless-Grand Mere-Swiss Valley.

The main entrance and the Middle Lake trails are still flooded but I have developed an alternate route that I think everyone will enjoy. Our start and finish will be at Rotary Lincoln Township North Lake Park on Grand Mere road. I am not sure if the restrooms will be open. I know the Grand Mere main entrance is closed and it would be best to stop at a gas station prior to your arrival.

**DIRECTIONS:** North Lake Park, 3600 Grand Mere Rd, Stevensville, MI 49127

**OMRON:** Cairn Stone Tours has purchased an OMRON Body Fat reader and Whitney will have it available at her aid station. Check it out!

**TEST HIKE:** Information on our first Test Hike is attached. I'm excited about this great destination hike that will have something to offer for all Cairn Stone trekkers. Please review carefully.

**SWEAT TOPS:** I will have the new Cairn Stone sweat tops available Saturday for all those who paid in full. *Thank you!*

**THIRD NZ TRIP:** *Kia Ora!* I am working hard on our third trip to New Zealand. We are making great progress on filling this trip and we are sending the third trip fliers out to our entire mailing list. This is a wonderful opportunity! I am not doing a fourth trip because I don't want to get a visa! HA HA! I could easily live in New Zealand! [If you haven't confirmed for Trip 3, please do very soon.]

