

TO: Training Teams (NZ & TP)
FROM: Coach Ron Gunn
DATE: March 1, 2018

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SMOOTH SAILING AT LAKE LA GRANGE!

LAKE LA GRANGE: We were very fortunate to have another great day to hike this early in the season. And 95 hikers took advantage of the good conditions to get in some strong training. I also want to thank Rob Riley, Whitney Podell, Thom Janssen, Mike Premeske, and Don McCay for their special assistance. And thanks to everyone for hanging loose on the site change. We will enjoy Chesterton lakeshore site a little later in May. I also appreciated everyone who patronized or thanked our host Lindy's Restaurant – they are happy to have us return.



LAWLESS PARK: IMPORTANT UPDATE! Due to serious flooding at Grand Mere State Park our training site for this **Saturday, March 3** will be **Dr. T. K. Lawless County Park** east of Cassopolis, MI. We will enjoy Grand Mere in a couple of weeks. The lecture will start at **9:00AM** and topics include body fat, stretching and HOF training. At 9:30AM hikes will start on this beautiful, all trail course. Distances for the hikes will range from 3.1 miles to 12.0 miles. Again, thanks for *hanging loose*. **PARK ENTRY FEE:** Please pay park to the Jog Pot, not at the entrance gate. (\$3/car)

DIRECTIONS: Lawless Park, 15122 Monkey Run Street, Vandalia, MI 49095 [MAP](#)

REHYDRATION STATION: Broadway Cafe, 158 South Broadway, Cassopolis, MI [MAP](#)
(alternatively and for adult beverages Lindy's is just 2.5 miles north on M-62. [MAP](#))

UPDATED SCHEDULE: The Lawless and Grand Mere dates were swapped. (Revised schedule attached)

TWO GREAT TRIPS: This newsletter includes attachments with complete info for two wonderful trips – **Up North 2018** and the **Mystery Trip 2018**. I am really excited about these trips. Check them out!

SWEAT TOPS: The bonus Cairn Stone sweat tops awarded to all those who paid in full should be available at this weekend's training session. Trip rosters should also be available.

KENEDY'S KITCHEN: An Irish band and Cairn Stone vet favorite will again be at the Beckwith Theater in **Dowagiac March 10 at 7:30PM**. Tickets include appetizers and beverages and are just \$20. Purchase at the door or call 269-782-7653 for reservations. 100 NY Ave, Dowagiac [MAP](#)

