

TO: Training Teams (NZ & TP)
 FROM: Coach Ron Gunn
 DATE: March 28, 2018

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GRAND EFFORT AT GRAND MERE!

GRAND MERE: Once again we had uncanny weather for this great conditioner attended by a huge crowd of fired up Cairn Stone trekkers. Special thanks to Whitney, Alli, Cindy, Thom, Flo, Chris, and Mike Aiello and crew. Also thanks to all hikers who *hung loose* on the flood detours. One blessing of the flood was that I found some more neat trails. As always the *Jog Pot* was awesome and the rehydration at the Round Barn was enjoyable.

SWISS VALLEY: We complete our triple crown of challenging hikes at Swiss Valley Ski Lodge east of Vandalia, Michigan this Saturday, March 31. An important lecture on Fuel for the Backcountry will start at 8 AM. I will also cover Body Fat and Stretching. Whitney will be available from 7:30 AM to give body fat tests with our new Omron machine. If interested you will need to check your body weight before leaving for the hike

DIRECTIONS: Swiss Valley Ski Area, 13421 Mann Street, Jones, MI 49061

From M40: Do not take Mann Road, do take Hoffman then south 1 mile on Patterson Hill road or take Bald Hill then 1 mile north on Patterson Hill.

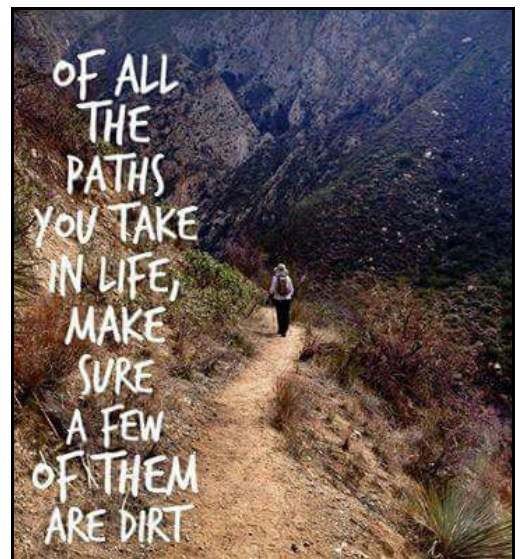
From M60: Take Patterson Hill road north 3 miles.

PARKING: Please park in the southwest corner of the gravel parking area.

REHYDRATION STATION: I'm going to name Lindy's restaurant as our rehydration station following the hike. It's a tad bit out-of-the-way for our people heading south but I think it is worth it.

TEST HIKE – JORDAN RIVER: We've had a wonderful response to our Shanty Creek offer to host our Test Hike and I had to add more rooms. Also your cooperation in completing the Declarations form and providing shirt sizes (if wanted) is greatly appreciated for planning purposes.

TECHNICAL NOTE: All hyperlinks to maps and web pages will only appear in the text body of the email and not be part of the newsletter. Some security settings do not allow downloading or opening any document with links embedded. Hopefully this will solve this issue for everyone. If you cannot download/open any document from the Cairn Stone web site please email Thom@CairnStoneTours.com with this or any technical issues.



A great John Muir quote recently shared by our friends at *Hike House* in Sedona.

