

TO: Training Teams
 FROM: Coach Ron Gunn
 DATE: May 8, 2019
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SUPER AT SPUD CREEK!

POTATO CREEK: TECHNICALLY this was probably one of our best days to train all year. Cool temps but cloud cover encourage a high level of training and we had close to 80 hikers reap rewards. Special thanks to Jay Crouch, Rob Riley and Gary Kachur for their extra effort helping me set up and distributing aid. Also a tip of the hat to Ginger Riley for helping with sign pickup and Jim D'Haenens for course update.

LAWLESS PARK: Our next training hike will be this **Saturday, May 11** at **Dr. T. K. Lawless County Park** east of Cassopolis and Vandalia. At 8:00AM a lecture on core body strength, stretching, hill techniques, Appalachian Trail update, HOF training and upcoming TEST HIKES will take place. At 8:30AM hikes ranging from 10k to 13.1 miles will begin on this beautiful and challenging all trail layout.

DIRECTIONS: Lawless Park, 15122 Monkey Run St, Jones, MI [S. on Lewis Lake Rd. off M60]

REHYDRATE STATION: Lindy's Restaurant (3 ½ miles NE of Cassopolis) 57983 M-62, Cassopolis, MI

MAP LINKS: Handy map links for driving directions are in the email for your smart phone.

UPDATED HIKE SCHEDULE: Please download the current revised calendar of hikes from the CairnStoneAdventureTours.com website and discard the old one.

TEST HIKES: Our first TEST HIKE for the A.T. candidates to take on the *Alum Cave Trail to Newfound Gap* is rapidly approaching. Please check the attachment for complete info.

APPALACHIAN TRAIL TRIP (A.T.): I am very excited about this trip and my daughter Sarah and I are leaving May 26 on a 10 day trip to finalize plans. I promise you a dynamite trip and I appreciate your patience. Sarah and I will post photos with comments on Facebook. [Follow *Cairn Stone Tours* on FB]

UP NORTH: I have scheduled an Up North trip featuring Pictured Rocks and Mackinac Island for **September 6 – 10, 2019**. See the flier for details. Attached or download at
 CairnStoneAdventureTours.com.

GEAR-UP PALOOZA: This sounds really cool!

*Wanderlust Outfitters is hosting its 3rd annual Gear-Up-Palooza on **June 8th**. It's an indoor/outdoor event at our store with extra discounts and giveaways. Several brand reps will be there for product demos and vendor booths. Free food too!*

[120 State Street, St Joseph, MI mention *Cairn Stone* hiking group for a discount]

WanderlustOutfitters.com/events

