



# CAIRN STONE TEAMS NEWSLETTER



TO: Cairn Stone Training Teams  
FROM: Coach Ron Gunn

574.215.4779

[CairnStoneAdventureTours.com](http://CairnStoneAdventureTours.com)

[Ron@CairnStoneTours.com](mailto:Ron@CairnStoneTours.com)

April 27, 2011

## MILE FOR MILE....MY TOUGHEST TRAINING HIKE!

**SWISS VALLEY:** We actually had a glorious day for this very demanding hike. The overcast, misty, and cool weather made for high performance training conditions. There was even more oxygen in the air! This truly is my toughest training course mile for mile. Everyone had a great attitude and I was pleased that many of our above the rim hikers and training partners showed up. Special thanks to Whitney, Thom, Marlin, Barbara and the Wiseman family, especially Jamie.

**MILL POND:** We had a team of 7 run or wog (jogging and sport walking) the 7 mile course on a brisk morning. We also had two Dolphins hikers join us. We are off and building toward that 20 mile LCD on November 20<sup>th</sup> before Honolulu! To date I have identified 9 Dolphins interested in the marathon including Jim & June Brandner, Larry Lies, Jay & Kathy Crouch, Tom & Carolyn Koepp, Ann Edgerly and Whitney Podell. Anyone else interested? Let me know.

The Honolulu Marathon website will open registration soon for non-Hawaiians ([honolulumarathon.org](http://honolulumarathon.org)). **Ahi Maluna!** (loosely translated, *Fire Up*).

**POTATO CREEK - HIKERS:** Our next Mountain Sheep training session will be at [Potato Creek State Park](#) (near North Liberty just south of South Bend) on Saturday, May 7<sup>th</sup>. The Mountain Sheep will have an important lecture on loading your backpack for hiking below the rim at **8:00AM in the Tulip Poplar shelter**. This information will be a big help in getting our Devil's Lake test hikers ready for their first backpack inspection. I will also try to sneak in some stretching techniques. At 8:30AM we will start our hikers on the lovely trails of Potato Creek State Park. The hikes will range from 5 to 16 miles. There is no conflict with a race at the park since it is scheduled for the weekend before.

**POTATO CREEK - RUNNERS:** At **9:00AM** the Dolphin's lecture on training and core strength exercises will start and a training run will start at 9:30AM. **This session is primarily for our Dolphin marathoners** and I encourage the Dolphin hikers to consider the 8:30AM training hikes with the Mountain Sheep.



**MYSTERY TRIP:** I am very excited about our upcoming Mystery Trip on May 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup>. We have a great group going and an itinerary and group roster is attached ("Ha ha, gotcha!"). There are two spots left on this trip. Also, a friendly reminder that the balance is due for the final trip payment. Many have already paid...Muchas Gracias! We are scheduled to leave at 8:30AM from the SMC Niles Campus with the bus available for loading at 8:00AM. Please wear your hiking clothes on the bus as we will have a hike before we arrive at the hotel.



# CAIRN STONE TEAMS NEWSLETTER



TO: Cairn Stone Training Teams  
FROM: Coach Ron Gunn

574.215.4779

[CairnStoneAdventureTours.com](http://CairnStoneAdventureTours.com)

[Ron@CairnStoneTours.com](mailto:Ron@CairnStoneTours.com)

April 27, 2011

**DEVIL'S LAKE:** I am very pleased that we are getting a good sign up for this highly popular trip from people who are not going to the Canyon this year or who are going but are not planning to hike below the rim. This is a *super destination* that stands on its own. Obviously I highly encourage all candidates for the below the rim hikes to take the bus tour – it is a bargain, a team builder and loads of fun. The fun starts in Niles when you *leave the driving to us!*

**WEB SITE TIPS:** For a preview of the Potato Creek trails and views check out the photos on the web site Go to PHOTOS, then TRAINING HIKES, then [POTATO CREEK](#).

**DIRECTIONS:** Potato Creek State Park 25601 State Rd 4, North Liberty, IN 46554.

**MEETING PLACE:** Tulip Poplar picnic shelter. After the entrance booth it is a left turn, right turn, and another left turn. [Follow the signs]

**PARK FEES:** Consider car pooling as the park fees are \$5.00 (Ind. Res.) or \$7.00 per car.

**REHYDRATION:** I suggest the *Top Notch Restaurant 23530 State Rd. 2, S.B.* [\[DRIVING MAPS\]](#)

**NOTE ABOUT OUR DRIVING MAPS:** THESE MAPS HAVE BEEN LOCATION CORRECTED AND HAVE ADDITIONAL INFORMATION OF INTEREST, SUCH AS PARKING INSTRUCTIONS, MEETING LOCATION AND RESTAURANTS.

**“In what other sports than hiking and running is a bad day a good day?  
While other sport athletes curse the rain, hikers and runners stick  
out their tongue to catch a raindrop!”**

Coach Gunn

**HELPFUL VENDORS:** I have listed below some stores and web sites with hiking equipment, including energy and electrolyte products:

Coach Gunn

- ◆ [Taylor'd Running](#) Ryan St. Joseph 269-408-1400
- ◆ [Metro Run and Walk](#) Dave Mishawaka 574-257-7867
- ◆ [Gazelle Sports](#) Kalamazoo 269-342-5996/2441
- ◆ [Lee's](#) Kalamazoo 269-381-7700
- ◆ [Outpost Sports](#) Holland 616-396-5556
- ◆ [REI](#) Ann Arbor 734-827-1938
- ◆ [REI](#) Detroit 248-347-2100
- ◆ [REI](#) Troy 248-689-4402
- ◆ [REI](#) Chicago 312-951-6020
- ◆ [The Bivouac](#) Ann Arbor 734-761-6207
- ◆ [Uncle Dan's](#) Evanston 888-260-hike
- ◆ [Campmor](#)
- ◆ [Eastern Mountain Sports](#)
- ◆ [High Sierra Sports](#)
- ◆ [Moosejaw](#)
- ◆ [Roadrunner Sports](#)