



# CAIRN STONE TEAMS NEWSLETTER



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TO: Cairn Stone Training Teams  
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June 1, 2011

## TERRIFIC TRAINING ON THE TRAILS!

**ROADRUNNER TRAILS:** All reports indicated to me that our training session on the trails went very well. A very special thanks to Whitney and Emily for a great job of setting up and orchestrating this important pre test hike training session. Also, thanks to Canyon vet Justin for his help on Saturday morning.

**SCOTLAND:** My trip to Bonnie Scotland went very well and Sarah reached her goal of breaking 4 hours in the Edinburgh Marathon by running [3:58:32](#) in typical Scottish weather. Thank you for allowing me this precious time away with my daughter. You will have my undivided attention at Devil's Lake.

**MARATHON TRAINING:** Our next training run is this **Saturday, June 4<sup>th</sup> at Indian Lake**. Although this is primarily a training session for our Dolphins, all Mountain Sheep and Training Partners are encouraged to attend and enjoy this beautiful course. A lecture on training and flexibility will start at **9:00AM at the [Treemendus Fruit Farm](#)** market place. Training runs or walks will range from 1.4 to 8.0 and 9.4 miles starting at 9:30AM. Your training target distance is 8.0 miles at this stage to be ready for the marathon in December. The course includes mostly quiet gravel and paved roads through the Treemendus Fruit Farm and around Indian Lake. Please be aware that the restrooms at the market may not be open until 9:30AM. I am hoping for a good turnout on this neat course and seeing my wonderful Cairn Stone family again.

**STEVE'S RUN:** Entrees are now being accepted for Steve's Run. This classic 5k/10k Road 'n Trail race is my passion and I encourage you to go to my [Steve's Run](#) page for more info. I hope to see a lot of Cairn Stone runners and hikers on July 30!

**DEVIL'S LAKE:** I am excited about our upcoming trip to Devil's Lake, Wisconsin. In addition to all of our test hike candidates for the *below the Rim* hikes in the Grand Canyon, we have several *above the Rim* hikers and Training Partners joining us for this wonderful weekend. Please carefully **review all the attached information** for the Devil's Lake hikes. And we still have **seats available on the bus**. [NOTE: details also available on the web site; just click [Devil's Lake](#) near the top center of the *Home Page* or find it under *Events*.]

**HONOLULU:** Yea! **The online registration is open** for the Honolulu Marathon and 10k Walk at the [Honolulu Marathon](#) web site. There is a substantial saving on the entry fee if you register before November 4<sup>th</sup>. Alooooooha!

Tree-Mendus Fruit Farm market is located at 9351 E Eureka Road, Eau Claire, MI 49111 [\[DRIVING MAPS\]](#)

**“There is no way I can truly simulate the training conditions for the Rim to River to Rim day hike. The Grand Canyon is the standard by which all others are measured. I guess that is why we are going.”**

Coach Gunn