



# CAIRN STONE TEAMS NEWSLETTER



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## WELL DONE AT DEVIL'S LAKE!

**DEVIL'S LAKE:** Our Wisconsin weekend went very well and our hikers did a great job on this very challenging course. We had lots of qualifiers for our next big test hike at Manistee in September. And then it is on to Plateau Point and the Rim to River to Rim hikes in the Grand Canyon for our successful below the rim candidates. We also had several above the rim hikers and Dolphins gain valuable conditioning for our treks out West and in the Islands. We began to mesh well as a team as evidenced at the Great Dane and throughout the weekend. Thanks to everyone for supporting this trip and special thanks to Thom, Whitney, Jay, Cindi and Jeff. I also appreciated the generous gift. I am a lucky coach!

**NILES RIVERFRONT:** Our next training session will be this Saturday, June 25<sup>th</sup> at Riverfront Park in Niles, Michigan. A lecture on stretching and flexibility will start at 8:00AM at the pavilion for both the Mountain Sheep and Dolphins. At 8:30AM training runs and hikes ranging from 5.5 miles to 20 miles will start. The course is laid out on the quiet roads of the Morris Farms area and southwest rural Niles (near the Riley estate). The goal distances are 10 miles for Dolphins and 20 miles for the Mountain Sheep below the rim candidates.

**PICTURED ROCKS:** Please find attached information on my spectacular trip to Pictured Rocks this August. This is a world class destination for both hikers and kayakers. I am planning on taking a 30 passenger bus and the Jordan River Valley will be our first hike en route. [the Jordan River Valley is a wonderful hike through old growth forest and was the test hike replaced by Devil's Lake.]

**DIRECTIONS:** Niles Riverfront Park, Sycamore and Front Street (Old US31), Niles Go north on Front street one block from W. Main St. just east of the river. Many will rehydrate at Riverfront Cafe after the hike. [\[MAPS\]](#)

**“As I walk, as I walk The universe is walking with me  
In beauty it walks before me In beauty it walks behind me  
In beauty it walks below me In beauty is walks above me  
Beauty is on every side As I walk, I walk with beauty.”**

Traditional Navajo Prayer