



CAIRN STONE TEAMS NEWSLETTER



574.215.4779

TO: Cairn Stone Training Teams
FROM: Coach Ron Gunn
CairnStoneAdventureTours.com

Ron@CairnStoneTours.com

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CAIRN STONE HIKERS NAIL NILES HIKE!

NILES RIVERFRONT: On too good of a day all of our hikers did a wonderful job of knocking out some big time mileage. The only thing that we did not accomplish was to simulate the conditions below the rim at the Grand Canyon. Special thanks to Thom and June, who manned the first aid station for a sick Whitney.

ST. MARY'S/N.D.: Our next training session will be this **Saturday, July 9th** starting near the gymnasium parking lot at St. Mary's College.

The Mountain Sheep will meet at **8:00AM** for a lecture on training and Strategies for the Canyon. At 8:30AM beautiful hikes ranging from 2.6, 6.9 and 20.3 miles will be conducted on the trails of St. Mary's and Notre Dame and the paved trails of the East Race.

The Dolphins will meet at **9:00AM** and will have a lecture on speed training. At 9:30AM runs ranging from 6.9 to 11.0 miles will be conducted on the trails of Notre Dame and the East Race.



CUB TRIP: Just a friendly reminder that I have one bus trip remaining to Wrigley Field this summer. It is scheduled for **Friday, July 22nd** and it is an 1:20PM game with the Houston Astros. We have lower terrace reserved seats this year and you also have the option of enjoying hikes along the Chicago Lakefront Trails to Wrigley Field. These hikes range from 2.5 to 7.2 miles and they definitely make the Old Style go down better. ([SIGNUP](#))

TRAINING SCHEDULE UPDATES: Changes are in **red** – see attached

DIRECTIONS: [NO RESTROOMS AT THE START] We will meet in the parking lot at the St. Mary's gym. The gym is located on the north side of campus next to the soccer and softball fields. Take Old US-31/IN-933 to Douglas Road & turn west. Take this road past the *Inn of St. Mary's* & the *Hilton Garden Inn*. At the stop sign turn back north (R) and follow the road around to the gym parking lot. ([MAPS](#))

“Your attitude, not your aptitude, will determine your altitude.”

Zig Ziglar