



# CAIRN STONE TEAMS NEWSLETTER



TO: Cairn Stone Training Teams  
FROM: Coach Ron Gunn  
[CairnStoneAdventureTours.com](http://CairnStoneAdventureTours.com)

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

574.215.4779

August 3, 2011

## HIKERS LABOR AT LOVE!

**LOVE CREEK:** On our challenging day complete with heat and humidity our determined hikers and marathoners ground out some excellent training miles on this beautiful course. The good news is that it was a weather *overload* and the heat and humidity won't be as tough in the Canyon or Hawaii. Great hustle by all who attended and the rangers were very pleased with our *jogpot* donation. Also, special thanks to Whitney and Thom.



**NEXT TRAINING SESSION:** Our next training session for both the Mountain Sheep and Dolphins will train at [Russ Forest County Park](#) on Sunday, August 7<sup>th</sup>.

The Mountain Sheep and the Dolphin hikers will have a lecture at **8:00AM** on map reading and hiking trail choices in Bryce and Zion parks. Then at 8:30AM hikes ranging from 5 to 23 miles will start on the trails through Russ Forest and onto the bucolic country roads.

[Bryce Canyon](#)

[Zion River Narrows](#)

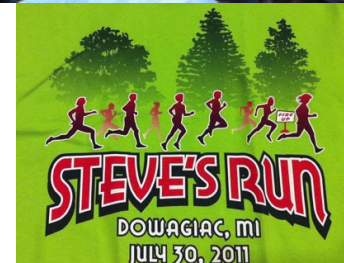
[Zion Park](#)

The Dolphin Marathoners will have a lecture starting at 9:00AM on training and at 9:15AM they will have runs ranging from 10-14 miles.



**STEVE'S RUN:** Once again it was a very successful event and I appreciated the many Cairn Stone people who participated in challenging weather conditions. And special thanks to Whitney, Thom and Justin for their extra effort at the awards ceremony.

[Go to the SMC page for results and photos [STEVES RUN](#)]



**PICTURED ROCKS:** Our trip to [Pictured Rocks](#) is full and we are now taking names for the wait list.

**DIRECTIONS:** Volinia, MI - 1/2 mile east of Decatur Rd. on Marcellus Hwy. [\[DRIVING MAPS\]](#)

**"If it doesn't kill you, it will make you better"**

Coach Gunn on training in tough weather condition