



**TO:** Training Teams  
**FROM:** Coach Ron Gunn  
**DATE:** June 14, 2017

574.215.4779

CAIRNSTONEADVENTURETOURS.COM

Ron@CairnStoneTours.com

# 2017

## TRUE TEST AT DEVIL'S LAKE!

**DEVIL'S LAKE:** The goal of our first TEST HIKE is to simulate what our hikers will encounter in the Grand Canyon. This weekend did not disappoint the coach as a very challenging course was combined with some very hot and humid conditions. We had 65 participants accept the challenge on this beautiful but at times brutal course. 49 hikers grabbed all four backpack tags in their quest for the *Below the Rim* Hikes.

I was very proud of all our hikers and this was certainly a callousing experience that will pay off down the trail. Special thanks go to Kathy, Terri, Larry, Jeff and Thom. The trip went extremely well and our veterans and rookies meshed well. Our hotel is giving us two free Happy Hours (including the run of the bar) next year as a gesture of thanks for *hanging loose*. The Jog Pot tip was awesome and inspiring!

**HIKE DISTANCE:** I had four people report their GPS distances for the big hike and they were: 18.0, 18.4, 18.45 and 18.75. The course was legit.

**LAWLESS PARK:** Our next training session will be a **bonus hike** this **Saturday, June 17** at Dr. T. K. Lawless County Park near Vandalia, MI. At **8:00AM** a lecture targeted to the Notre Dame Trail program will start and at 8:30AM four hikes of 3.1, 6.2, 8.2 and 13.1 miles will start on this beautiful all trail course. The 8.2 course may be appealing to our Devil's Lake hikers as it is essentially one big loop without the cornfield reverse. Suggested rehydration will be at Harley's in downtown Cassopolis (across from 5/3<sup>rd</sup> bank & near VFW).

**AID STATION HELP:** We could use a couple of volunteers to cover two aid stations – call me. *Gracias!*

**DIRECTIONS:** Dr. T. K. Lawless Park, 15122 Monkey Run St., Jones, MI 49061 [MAP](#)  
 (Monkey Run Street, 9 miles east of Cassopolis, off M-60 and Lewis Lake Road.)

Harley's House, 135 S Broadway St, Cassopolis, MI 49031 [MAP](#)

**INSPIRATIONAL QUOTE:** I was very pleased with everyone's participation [at Devil's Lake] – from the 18 milers to the 12 milers. For my quote this newsletter I would like to share a couple of excerpts from post hike messages that I received from two rookies. They say a lot of the program and the people in it.

*"There is a great camaraderie and friendships.....and I can tell you that these hikes go well beyond just an exercise regime or outdoor activity for everyone that participates."*

Scott Correrra

*"The Cairn Stone veterans were inclusive and supportive, making me feel very welcome..... Things went so well in fact, I'm willing to overlook my one major disappointment of the weekend – no Windmill cookies! I don't recall any checklist stating I was to supply my own Windmill cookies. Am I to assume there will be no cookie aid stations in the Grand Canyon?"*

Robert Baldyga

