

TO: Training Teams
FROM: Coach Ron Gunn
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CAIRN STONE HIKERS SOAR WITH THE EAGLE AT LAWLESS!

LAWLESS PARK: Our third leg of the Triple Crown of callousing hikes was very fruitful for all participants. The weather was a bit nippy but everyone was well prepared and had great attitude. I apologize for the short course (12.6) but conditions dictated the change. Your HOF was great as this 13.1 mile course is a feel-like 16 mile course. I was under the weather and I really appreciated the extra effort of Jay Crouch and Scott Wyman. I also appreciated Kathy Crouch and Larry & Terri Lies picking up the course for me on Sunday. The Jog Pot was totally awesome and Scott Wyman was very appreciative and donated \$50.00 back to Cairn Stone to promote the Sandhill Crane races!

SWISS VALLEY: Our next training session will be at **Saturday, April 1**, meeting at Swiss Valley Ski Area near Jones, MI. In the lodge at **8:00AM** a lecture on stretching, core strength, trekking pole usage, tick prevention and treatment, and descriptions of the major hikes to be conducted at the Grand Canyon. Chairs are limited and you may want to bring a portable chair. At 9:00 hikes ranging from 2.6 to 13.8 miles will begin.

This is the fourth leg of our challenging Quadruple Crown (Indiana Dunes – Grand Mere – Lawless Park – Swiss Valley) and will be conducted on grass slopes, trails and gravel roads of Swiss Valley and surrounding forest and bucolic area. You know it is a tough course when you are greeted with a sign that says “Character Corner” before finishing the last segment. This is a tough course prep as the trails are unmaintained but everything looks good except a very wet stretch of 50 yards at about the 9.2 mark. You may want to bring some older shoes and Gary Kochur will have them for you at the 8.3 mile mark. I also have marked an alternate road course back to “Character Corner.” I am also appreciative of Jerry Toney who came out and chain-sawed some fallen trees on the trail. And yes BFR Hill is still there!



DIRECTIONS: Swiss Valley Ski Area, 13421 Mann Street, Jones, MI 49061 [\[MAP\]](#)

NOTE: From M40: Do not take Mann Road, do take Hoffman (1 mile N of Mann) then south on Patterson Hill road or take Bald Hill (1 mile south of Mann) then north on Patterson Hill. **From M60:** Take Patterson Hill road north.

PARKING: Please park in the southwest corner of the gravel parking area.

SWEAT TOPS: I have a new order of Cairn Stone sweat tops in and I know I owe some of our trekkers who paid for a major trip in full. Please remind me if you have one coming. I really appreciate your support!

FLEX PAYMENTS: Fourth payment is due April 7. Thank you all for your timely payments.

DEVIL'S LAKE: For those considering a major below the Rim hike this fall I have attached information on our FIRST TEST HIKE. Please read the attached info carefully. This is a great destination hike and I am sure that several hikers not going to Grand Canyon this year will join us.

