

2016 CAIRN STONE NEWSLETTER

TO: Training Teams
FROM: Coach Ron Gunn
DATE: 17 February 2016

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LOVELY DAY AT LOVE CREEK!

LOVE CREEK: A huge turnout enjoyed a beautiful day to trek near Love Creek Nature Center. Special thanks to Whitney, Thom, Brett Albers (Fleet Feet) and Kip and Pat at Love Creek. We also had a big turnout for our rehydration at Old Tavern Inn.

INDIANA DUNES: Our next training session is scheduled for **Saturday, February 20th** at the Indiana Dunes National Lakeshore. A lecture on HOF training, trekking poles, and water filters will start at **10:00AM** (11:00AM EDT) and beautiful hikes ranging from 4.8 to 11.0 miles will start at 10:30AM. I am hoping that the course conditions will improve but please double check your email for any last minute updates. We will have a training hike this Saturday – hopefully at the Indiana Dunes. I will also contact Don Quijote for our rehydration place (see below). Hola!

DIRECTIONS: Cowles Bog parking, near [1450 N. Mineral Springs Road, Dunes Acre, IN](#) (from I-94 or Toll Road, exit to IN49 north, west on US12 about 1 mile to Mineral Springs)

RESTROOMS: [Visitors Center](#) and porta-potty at parking lot (was there last year)

\$2 CASH: There will be no *Jog Pot* collection this Saturday but **bring two dollars each** to pay for walk-in admission to the State Park portion of the course. We are parking in a National Lakeshore lot which is free.

3 DUNE CHALLENGE: Hikers will have the option to finish Saturday's hike with what the Park Service calls the [3 Dune Challenge](#). It is a 1.5 mile loop that includes Mt. Tom, Mt. Holden and Mt. Jackson. Those that conquer this challenge receive a free sticker and have the option to buy a cool sweat top or t-shirt. As I said this is an option and hikers will have the opportunity to do just the first dune, Mt. Tom. Most of this course is flat and on trails.

DON QUIJOTE: I am also excited about the option of once again rehydrating at the authentic Spanish restaurant [Don Quijote](#) after the hike. Located just 14 miles south in Valparaiso, owners Carlos Riviero and Elena Jambrina are eager to host us.



DIRECTIONS: [MAP to Don Quijote](#), 119 East Lincolnway, Valparaiso, IN

(IN49 south to Lincolnway, W on Lincolnway – public parking on R at Michigan Ave. (just before restaurant) or park 1 block N along Jefferson St. (go 2 lights past restaurant, turn R))

EASY PAYMENTS: Thank you to everyone for your prompt payments. If you are unsure of payment due dates and amounts we have attached a handy payment chart for your use. We have a number of eager persons on the wait list so if circumstances have changed and you need to drop please let us know.

“Discipline is the bridge between goals and accomplishments.”

Jim Rohn