



# CAIRN STONE TEAMS NEWSLETTER

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



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

574.215.4779

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## VENUE CHANGE:

### JULY 9<sup>th</sup> TREE-MENDUS FRUIT FARM!

**HIKING AND MARATHON TRAINING:** Our next training session is this **Saturday, July 9<sup>th</sup>** at Indian Lake at the [Tree-Mendus Fruit Farm](#) market place.

**This is a last minute change of venue.** Ron just found out today from his contact at St. Mary's that a decision had been made to close the trails permanently allowing them to go back to nature. Ron just called very excited from the trails on the farm at Tree-Mendus Fruit farm. These are new trails we've not seen before, five miles of trails through orchards and woods.

**This alternate course** includes trails, quiet gravel and paved roads through the Tree-Mendus Fruit Farm and around Indian Lake. Please be aware that the restrooms at the market may not be open until 9:30AM. I am hoping for a good turnout on this neat course and seeing my wonderful Cairn Stone family again.

**MEETING TIMES UNCHANGED:** All teams meet at the same time as on the schedule. Hikers at 8:00AM for the lecture with the hike starting at 8:30AM. Runners meet at 9:00AM for the lecture and start their run at 9:30AM.

**DIRECTIONS:** **Tree-Mendus Fruit Farm market** is located at 9351 E Eureka Road, Eau Claire, MI 49111 [\[DRIVING MAPS\]](#)