

TO: Training Teams, Cairn Alumni & Friends

FROM: Coach Ron Gunn

DATE: October 18, 2018

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CAIRNSTONEADVENTURETOURS.COM

TERRIFIC TREK AT KAL HAVEN!

KAL HAVEN TRAIL: Lots of good HOF was gained on this great day for hiking. The rain stayed away believe it or not. Special thanks to our *super aid station icon* Gary Kachur!

TREE-MENDUS: Our next training session will be this **Saturday, October 20 at Tree-Mendus Fruit Farm** just west of Indian Lake Michigan. A lecture on HOF training and a New Zealand update will start at **8:00AM** and at 8:20AM hikes will start ranging from 5.8, 9.0 and 18.0 miles on this beautiful layout. The rehydration station will be the Indian Lake Pub.

DIRECTIONS: Tree-Mendus Fruit, 9351 E. Eureka Rd., Eau Claire, MI 49111

REHYDRATION: Indian Lake Pub, 55986 Indian Lake Rd, Dowagiac, MI 49047

HIKE FOR HAITI: Check out the attached flyer for our annual *Hike for Haiti*. This popular hike will be orchestrated on **Sunday, October 28**. *Fedi Fe!*

STUDLY DUDES: My best wishes go out to this intrepid crew of Jim Brandner, Jay Crouch, Larry Lies and Rob Riley as they do a very ambitious Rim to River to Rim hike this weekend.

Also best wishes to Cairn Stone vet Gary Brunson and rookie Margaret Goldsmith who are also enjoying a below Rim adventure in the Grand Canyon this week.

And check out Cairn Stone vet Karen Yech's photos [on Facebook] of the Magnificent Five National Parks in Utah. She is *scouting* our 2020 trip!

SANDHILL CRANE: I really appreciate all the Cairn Stone hikers who either volunteered or hiked in this classic all trail course this past Saturday. It went very well on a sensational day!

