

TO: Training Teams, Cairn Alumni & Friends

FROM: Coach Ron Gunn

DATE: October 4, 2018

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CAIRNSTONEADVENTURETOURS.COM

NOTE: THIS IS A COPY OF THE EMAIL TEXT MESSAGE FROM RON
IMPORTANT: CAIRN HIKE VENUE CHANGE

Kiwis and Training Partners:

I'm sorry for the late notice but I am on my way back from a very successful Mystery Trip.

Our training session for this Sunday has been switched to the **Kal Haven Trail** starting in South Haven. We will meet at **10:00AM, Sunday, October 7**. Rehydration to be announced at the meeting.

There will be no lecture and the distances will range from 6 to 20 miles. The course is mostly stone dust trail through a green way with lots of shade. I am rescheduling the Fort Custer hike for a later date. I appreciate your consideration and understanding.

This trip has been great but has also been an extremely long time for me and I have not had time to set up the new course.

FIRE UP!

Coach Gunn

DIRECTIONS: Kal Haven Trailhead, Near E. Wells St. & N. Bailey Ave., South Haven, MI 49090

(Look for *Sesquicentennial State Park Trailhead* signage on Blue Star Hwy.) Porta toilets are there and no parking fee.