



**TO:** Kiwis and Training Partners  
**FROM:** Coach Ron Gunn  
**DATE:** January 10, 2019  
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## LOVELY DAY FOR HOF AT LAWLESS!

**ALOHA FANTASY HIKE:** One of our best days ever for this fun and fit way to start the new year. Special thanks to Gary “*Soup’s On*” Kachur and Whitney for setup help. *Mahalo* to everyone for their support. We raised close to \$400 for the nursing school in Leogone!

**LAWLESS PARK:** We had a great day to maintain HOF and to stay sharp on a tough course. Special thanks to Whitney and Gary and the staff at Lawless Park Scott Wyman and Jody. Wonderful attitudes prevailed!

**POTATO CREEK:** Our next training hike is scheduled for **Potato Creek at 9:00AM this Saturday**, January 12. An important orientation for New Zealand will be conducted and at 9:30AM hikes of 5.5, 10.7, 16.2 and 18.0 miles will be offered. We will meet at the Boat Rental Parking lot. Please *hang loose* on this location but I am hoping to get this trail hike in if the weather cooperates. If we get a bunch of snow the hike location will be moved to the *Pumpkinvine Trail* in Goshen. Jeff Bigler says that they do a pretty good job of clearing this trail. If there is a change Thom will send out an email Friday – please check. Thanks for the flexibility.

**MEET AT:** Potato Creek State Park, 25601 IN4, North Liberty, IN. Once past the entrance booth turn left (west) and follow park road about 3 miles to the Boat Rental Parking lot. It is just before the Beach Parking lot.

**REHYDRATE STATION:** TBA at lecture.

**TEST HIKE:** We are still two weeks off but if the *Test Hike* at Manistee was held today it would be a go! Present location for the *Test Hike* are in this order: Manistee River Valley, Grand Mere and Indiana Dunes.

**FEB & MAR HIKES:** It will be after the New Zealand trips before I can complete the full 2019 hike schedule. I will do my best to organize a couple of training hikes while I am away in New Zealand.

**DOWN THE TRAIL:** The dates and locations of upcoming major hikes are listed below:

**OCT 20 – 27, 2019**                      *The Best of the Appalachian Trail* in TN & NC

**OCT 17 – 25, 2020**                      *The Best of Utah and Antelope Canyon*

**NOTE:** Use the trip deposit form [SIGNUPS in website menu] to reserve a spot on a trip. An Appalachian Trail trip deposit gives you 2019 hike privileges. A Utah trip deposit gives you 2020 hike privileges. You will have two weeks to drop after the *Trip Description* with price is released. If you drop your trip deposit will become your *Training Partner* fee to keep on hiking with us.

**LOGINS:** In less than 30 days our trip 1 *Kiwis* depart! Helpful information will continue to go up on the web site login pages and some will post on the *Cairn Stone Tours* Facebook page. Several *Kiwis* have requested login information. There are two logins required: One for training and travel information pages and the other for private New Zealand travelers only information pages.

**TRAINING/TRAVEL INFO:** User = **Lake**    Password = **Wanaka**

**NEW ZEALAND PRIVATE:** User = \*\*\*\*\*    Password = \*\*\*\*\* [Only to New Zealand travelers]

**Eat half, walk double, laugh triple and love without measure!**

Tibetan Proverb