

TO: All Cairn Stone Trekkers & Runners

FROM: Coach Ron Gunn

DATE: April 24, 2019

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CAIRNSTONEADVENTURETOURS.COM

GREAT HIKE AT GRAND MERE!

GRAND MERE: We had a big group tackle the challenging Grand Mere course with lots of success.

Heartfelt thanks go to Jon and Sue Veersma, Dave and Karen Laetz and Cindy Scharmach. They were kind enough to cover for me while I attended my beloved Aunt Mary Ellen's memorial service in Toledo. I am also very grateful to Gary Kachur, Thom Janssen and Flo Sasaki for their support in Toledo!

POTATO CREEK: Our next training hike will be this **Saturday, April 27** at **Potato Creek State Park** southwest of South Bend. At **8:00AM** a lecture on trekking poles, technique on hills, stretching for hikers and HOF training will start and at 8:30AM hikes ranging from 4.8 to 12.0 miles will begin. The lecture and hike start will be at the Boat Launch parking lot just before the beach parking lot.

DIRECTIONS: Potato Park Boat Launch/Rental parking, 25601 IN-4, North Liberty, IN 46554 (Enter park, L at T, about 3 miles-follow signs to Boat Launch/Rental.)

REHYDRATE STATION: Texas Roadhouse, 4635 S Michigan St, South Bend, IN 46614

MAP LINKS: Handy map links for driving directions are in the email for your smart phone.

NZ REUNION: Our reunion for all three Kiwi teams will be **Sunday, June 9** at the **Dowagiac Elks Club**. A reception with a cash bar will start at 1:00PM and a tasty lunch prepared by the Elks Club will follow at 2:00PM. Thom will work his magic in a program to follow.

The cost will be \$11 per person (guests are welcome) and checks should be made payable to Cairn Stone Tours and sent to Anderson Accounting, 322 E. Main, Niles, MI 49120. IT IS VERY IMPORTANT THAT WE GET AN ACCURATE COUNT FOR PLANNING PURPOSES. Thank you for your cooperation and Fire Up for New Zealand 2019!

DURHAM UPDATE: Greg and Lynne are doing well. They are still in Dunedin but are able to do some careful urban hiking. Greg can't go above 300 meters but they are hopeful to head home around May 16. They greatly appreciated the get well card we sent. [Greg suffered a torn retina during trip 3 and is not yet released to fly home.]

UP NORTH: I have scheduled an Up North trip featuring Pictured Rocks and Mackinac Island for **September 6 – 10, 2019**. I will have a flier with the next newsletter (our hotels are the Pictured Rocks Inn in Munising and The Lilac Tree Inn on Mackinac Island.)

