



CAIRN STONE TEAMS NEWSLETTER



574.215.4779

TO: Cairn Stone Training Teams
FROM: Coach Ron Gunn
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October 19, 2011

DOLPHINS SAIL AT DIAMOND LAKE!

DIAMOND LAKE: We had a small but dedicated group of Dolphins at the training run/walk around Diamond Lake. The weather was great and our progressive overload training is coming to fruition as we build toward 20 miles. Only three training sessions left before we get on that silver bird for Hawaii! Special thanks to Thom for supervising the session while I was on a student trip to West Virginia.

NILES/ST. PAT'S: Our next Dolphin training session is this **Sunday, October 23rd** at Plym Park in Niles where we will meet at the golf course club house. A lecture on strategies for the Honolulu Marathon will start at **8:00AM** and at 8:15AM training runs and walks ranging from 7-18 miles will begin on a course that follows the recently extended bike trail, quiet roads and trails in [Madeline Bertrand](#) and [St. Pat's](#) parks along the St. Joe River. There should be restroom facilities open at the start but if the weather is not good you better stop early in Riverfront Park.

Mountain Sheep and Training Partners are also welcome to enjoy a portion of this course.

URGENT-DOLPHIN INFO NEEDED: I must have everyone's **birth date** for the final ticketing in two weeks. Also I need you to verify your T-shirt size. I would like all Dolphins this week to email me and copy Thom so that he can update your information in our database.
ron@CairnStoneTours.com thom@CairnStoneTours.com

HONOLULU ENTRIES: Just a reminder if you haven't yet signed up for your run/walk. The entry fees go up on November 5th. Register online at: <http://honolulumarathon.org>

GRAND CANYON VIII CELEBRATION: **All Cairn Stone Ohana (Family) are invited** to join the Mountain Sheep to celebrate our incredible 8th trip to Grand Canyon and other wonderful places out West. Please join us **Sunday, December 4th**. Our potluck party will start at **4:00PM** with a social hour followed by our potluck dinner at 5:00PM. I will provide my Key West pasta with Vodka sauce and we will *jog pot* the beverages I will bring. Please bring a favorite dish to share. Following dinner Thom will present his slide show dedication of our trip and I will award special shirts that Whitney is working on. If your T-shirt size has changed from your original sign up/info sheet, please email me and copy Thom so that he can update your information in our database.
ron@CairnStoneTours.com thom@CairnStoneTours.com



2011 *Mountain Sheep* Tom Koroch has generously invited us to hold our party at his facility. This will be as nice a place for our party as we have ever had and conveniently located in Elkhart near the 20 bypass. **Directions** to Elk Components, 57433 Nagy Dr., Elkhart [[MAP](#)]

2012 CALENDAR OF EVENTS: I am really fired up about next year's Cairn Stone trips and I plan to share the dates with you soon!

Plym Park Golf Course is located off Front St./MI139/old US31 on Marmont Street. Go north on Front street about ½ mile from Riverfront Park/Cafe then R on Marmont Street 1 block. [[MAP](#)]

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Audrey Hepburn's Beauty Tips

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his or her fingers through it once a day.

For poise, walk with the knowledge you'll never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; Never throw out anybody.

Remember, If you ever need a helping hand, you'll find one at the end of your arm.

As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman must be seen from in her eyes, because that is the doorway to her heart, the place where love resides.

The beauty of a woman is not in a facial mole, but true beauty in a woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she shows, and the beauty of a woman with passing years only grows!

Sam Levenson

Contrary to what some may think, Audrey Hepburn did not write this beautiful poem, Sam Levenson did. Levenson wrote "Time Tested Beauty Tips" for his grandchild, and it just so happened to be one of Audrey's favorite poems. She read it to her children on the very last Christmas Eve she spent with us here on Earth.