



# CAIRN STONE NEWSLETTER



574.215.4779

TO: Cairn Stone Travelers & Training Partners

FROM: Coach Gunn

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Year 7, ISSUE 1

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## LOTS OF EXTRA CREDIT FOR OUR FIRED UP 2010 TEAMS!

**PEAVINE/SHURTE STREET:** Wow! What a great turnout to kick off our 2010 training season. The Mountain Sheep, Highlanders, Orcas and Training Partners all looked strong on our inaugural training hike. Because of rough conditions on the Roadrunner Trails the hike was switched to the scenic roads of Peavine and Shurte street. Several hikers displayed extra grit as they hiked beyond their goal distance while waiting for the shuttle. Sorry – that won't happen again. Thanks for your super attitude! Also special thanks to Thom, Whitney and Gary.

**NILES MORRIS FARMS:** Our next training session will be this Saturday, February 20<sup>th</sup> meeting at the Niles YMCA. The **Mountain Sheep will meet at 8:00AM** for a lecture on HOF training, hiking technique and equipment. The training hike for the Mountain Sheep will start at 8:30AM.

The lecture for the **Highlanders and Orcas will start at 8:35AM** and will cover training and special equipment needed for their hikes in Scotland and the Pacific Northwest. Our training venue will be a loop course that goes out to the scenic Morris Farms on the quiet roads northwest of Niles.

The distance of the hikes will range from **2.0 to 8.2 miles** (40min. to 3hrs 20min HOF). This course is on bike paths and roads and hopefully we will be on trails soon.

**UPDATED PAC NORTHWEST ITINERARY:** A revised itinerary for this wonderful trip to the Northwest is attached. Go Orcas!



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**HOPE SPRINGS ETERNAL:** I am really fired up about Cairn Stone's 2010 lineup of hiking treks to Wrigley Field. Mark these dates on your calendar:

**June 18 LA Angels ~ July 16 Philly's ~ July 23 Cardinals**

Thom will have complete info available exclusively for the Cairn Stone family soon.

**RECEIPTS:** Up to date payment receipts will be available at the training session on Saturday. Thanks for your prompt payments!

**SCOTLAND ROOMING LIST:** Wow – this trip is just around the corner. A tentative rooming list will be available at our 8:30AM meeting this Saturday. Sweat tops will also be available

**HAITI:** The Cairn Stone *ohana* has been fantastic in their support of the victims of the Haiti disaster. Our *Aloha Run* and *Hustle for Haiti* participants have helped raise well over \$7,000 and the figure is still climbing! I am also hoping that I can bring the T-shirts for those who ordered them to the hike this Saturday. *Fedi Fe!*

With the *Hustle for Haiti* serving as a catalyst over \$25,000 have been raised by St. Paul's. All funds are going undiluted to serve the medical needs of the people of Haiti.

**DIRECTIONS:** YMCA, 905 N. Front St., Niles, MI [[MAPS](#)] Go north 9 blocks from Main street on N. Front street (old US31) in Niles. We will meet in the first room to the left after you enter the lobby.

**THOM'S WEB SITE TIPS:** **Recently added:** 37 photos by Coach Gunn from the Pacific Northwest. And all coaching and training related links were consolidated to the Lecture Notes page. **Tips:** Google search for *Coach Gunn* for a quick link to the Cairn Stone web site. **Turn off your Pop Up Blocker** if links do not work or hold down the **Ctrl** key while clicking on the link. This disables the blocker temporarily. **Note** there are handy links on the **Computer Settings** page to safe updates you need to view web pages and pdf (Adobe Reader) files correctly. **Please report** anything that does not work or is hard to find. Your comments are appreciated and help to improve the web site.

**“Out of adversity comes greatness”**