



CAIRN STONE TEAMS NEWSLETTER



TO: Cairn Stone Travelers & Training Partners
FROM: Coach Gunn
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GREAT HUSTLE ON LIVERY HIKE!

THE LIVERY/LAKESHORE: We had 41 fired up hikers and runners enjoy this cool course. Extra credit goes to the crew that stopped to ride the carousel just past the 4 mile mark. I also really appreciated everyone who stayed to rehydrate and refuel at The Livery. Special thanks to Whitney and Mike.

NILES RIVERFRONT/MORRIS FARMS: Our first official training session for the Grand Canyon will be held on **Saturday, February 12th at 9:00AM**. We will meet at the **Niles YMCA**. The lecture will emphasize the progressive overload training system and selecting the proper hiking shoes. I am rescheduling the lecture on proper equipment until the following meeting at Love Creek on February 26th. The lodge at Love Creek Park is a much better venue to cover and display proper equipment. Backpacks, trekking poles, etc. will not be needed on the Niles hike. The hikes will start at 9:35AM and will range from 2.2 to 8.0 miles. This is a beautiful course that follows the Riverfront paths and the quiet, scenic roads out to Morris Farms and back. Of course, our *Dolphin* (Hawaii participants) and *Training Partner* teammates are welcome to enjoy these sessions.

MYSTERY TRIP: I am excited about conducting my 6th Mystery Trip on **May 13th, 14th and 15th**. The mystery destination is really cool and I would love to have you check out the details in the attachment. My last Mystery Trip in 2006 turned out to be a pretty good one – Devil's Lake, WI! Note that the trip size is limited to one luxury coach.

LAST NEWSLETTER TO GENERAL CONTACT LIST: As promised this is the last time I will send these newsletters this year to those who have not requested it. So the next newsletter will be targeted to our training partners and travelers. I won't bug you anymore except for general announcements of new programs or events. We still have openings on all trips; Grand Canyon, Hawaii, Mystery and, of course, the *Training Partner* program is an excellent value. Note that the newsletters are available on my website for those who have an interest. [[Trip Previews](#).]

HAWAII INFO SESSIONS: Our formal training program for the *Best of Hawaii* doesn't officially start until March 26th. There are two more information sessions scheduled for those interested in learning more about this 3 island adventure which includes the optional Honolulu Marathon. After eight trips to Hawaii I know the crème de la crème for what to see and where to hike. I would love to escort you for 11 days in paradise.

FEB 26th (SAT): Love Creek County Park lodge in Berrien Center, MI [[MAPS](#)]
9:00AM Hawaii information session for those interested in the **trip or marathon training** (sign up as a *Training Partner* to train for another fall marathon).
10:00AM Grand Canyon hike training (hike training for all trips/general fitness).

MAR 26th (SAT): Love Creek County Park lodge in Berrien Center, MI [[MAPS](#)]
10:00AM Hawaiian adventure information session for those interested in the trip or marathon training. Followed by our first marathon training run.

HAL HIGDON BOOK: The world renown Hal Higdon has finished his new book *Through The Woods* and there is a chapter devoted to Dowagiac and our running programs through the years. Many of you may be interested in checking this out [[Amazon](#)]. He has some very kind things to say about the SMC cross country and track teams, Roadrunner Trails and Steve's Run.

FRIENDLY REMINDER: The first Hawaii trip [payment](#) was due on the 3rd. Thank you in advance.

DIRECTIONS: The Niles YMCA, 905 N. Front St., Niles, MI 49120 [[MAPS](#)]

"The Hikers On The Top Of The Mountain Didn't Fall There."