



# CAIRN STONE TEAMS NEWSLETTER



TO: Cairn Stone Training Teams  
FROM: Coach Ron Gunn

574.215.4779

[CairnStoneAdventureTours.com](http://CairnStoneAdventureTours.com)

[Ron@CairnStoneTours.com](mailto:Ron@CairnStoneTours.com)

April 13, 2011

## GREAT GAINS AT LAWLESS

**LAWLESS PARK:** Both the Mountain Sheep and the Dolphins had great training gains at the challenging hikes at Lawless County Park. Many of our group achieved a half marathon in training. Once again your Jog Pot donation for the park fees was wonderful as we netted \$98. Special thanks to Scott Wyman, Whitney and Thom.



**SWISS VALLEY:** Our next training hike for the Mountain Sheep will be at Swiss Valley Ski Area on **Saturday, April 16<sup>th</sup>**. A very important lecture on Fuel For The Canyon will begin at 8:00AM and challenging training hikes ranging from 4.2 to 12.7 miles will begin at 8:30AM. This is one of our classic training hikes and our Training Partners and Dolphins, especially those not running the marathon, are encouraged to join us.



**MILL POND:** Our next training **run or sport walk** for the **Dolphins** will be on **Sunday, April 17<sup>th</sup>** at the Dowagiac Elks Club. A lecture on training and stretching will begin at 8:00AM with a 2.5 to 7 mile training run around the Mill Pond starting at 8:30AM.

**DIRECTIONS:** **Swiss Valley** - 13421 Mann St., Jones, MI (North on Patterson Hill Rd. from Hwy. M60 (east of Cassopolis and Vandalia, west of Three Rivers, M40 and Jones) [\[DRIVING MAPS\]](#)



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**DEVIL'S LAKE:** This popular trip is scheduled for June 10-12 this year. This will be our first *Test Hike* for the Mountain Sheep planning on a below the rim hike. It has also been a very popular *Great Destination* hike for many who are not going to the Canyon this year. Please find complete information attached.



## UPDATED GRAND CANYON AND HAWAII

**ITINERARIES:** Please find attached updated itineraries for both the Best of the West VIII (Grand Canyon) and the Best of Hawaii trips, including flight schedules. I am keeping my fingers crossed hoping that there will not be any time changes or fare adjustments. **I am really excited about both these trips!** [NOTE: Spots available on both trips]

**GUEST POLICY:** I really appreciate the financial support of the Mountain Sheep, Dolphins, and our Training Partners for our training hike sessions. The overhead costs for these sessions, including insurance, help, mileage and supplies are increasing. I feel that the \$100 Training Partner fee is extremely reasonable for an entire year. Occasionally, a Cairn Stone hiker may have an out of town guest hike with us. This is fine and they usually make a fine donation to the Jog Pot. For our local hikers I really don't want to get into charging per hike. Thanks for your understanding and support!

**EARTH WEEK RUN/WALKS:** The Extreme Sports department at SMC is once again sponsoring a celebration of *Earth Week* by setting up several walks or runs on the Roadrunner Trails during the week of **April 18<sup>th</sup> through 23<sup>rd</sup>**. They are free and you can do them anytime that you wish. Thanks for being *Green!* Complete details on my web site and attached.

**BODY FAT TESTS:** The results of tests given at Lawless Park will be available this coming weekend. A special thanks to all of our team members who participated and are working hard at getting lean 'n mean for below the rim at the Canyon.

**EXTRA CREDIT:** May 8, Kalamazoo: [Borgess Run For The Health of It](#); 5k/Half & Full Marathon.  
June 4, South Bend: [Sunburst](#); Half & Full Marathon.

**UPDATE:** Eleanor Janssen, a beloved member of MNRC and mother of Thom, returned home last Friday and is recovering well from her stroke. She is walking with a cane and doing outpatient therapy, getting stronger each day. Thom thanks everyone for their well wishes and prayers.

**TOTALLY FAKED OUT – WOW, WHAT A SURPRISE!** Thank you very much to all who attended my surprise Birthday Party last Saturday. I was touched and had a blast! I am an ordinary person surrounded by some extraordinary people! A special thanks to my Key West student vet Mike Price. He did a great job!

**DIRECTIONS:** **Dowagiac Elks Club** - 300 Riverside Dr., Dowagiac (corner of Riverside and Hill St.) Please park near Hill St. as a courtesy to their golf patrons. [[DRIVING MAPS](#)]

**NOTE ABOUT OUR DRIVING MAPS:** THESE MAPS HAVE BEEN LOCATION CORRECTED AND HAVE ADDITIONAL INFORMATION OF INTEREST, SUCH AS PARKING INSTRUCTIONS, MEETING LOCATION AND RESTAURANTS.

## “PRACTICE ALOHA”

Sign in the [MaLa Ocean Tavern](#) in Maui

[MEANING OF [ALOHA](#)]