



CAIRN STONE TEAMS NEWSLETTER



TO: Cairn Stone Training Teams
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August 17, 2011

Cairn Stone Hikers Thwarted – Marathoners Thrive!

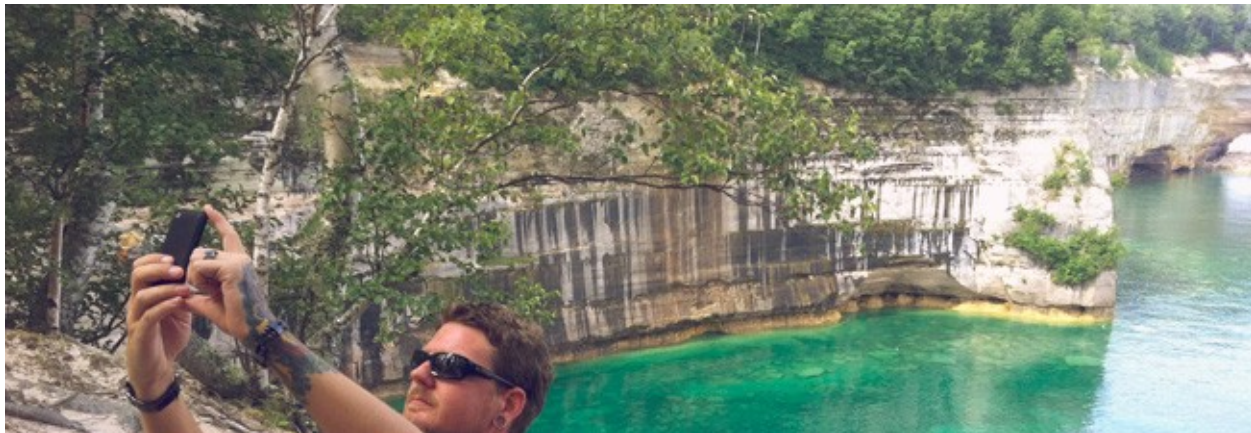
RUSS FOREST: A thunder storm midway through the hike thwarted our training for the Mountain Sheep. Thanks to the help of our hikers and workers everyone got off the course OK. On the positive side our Dolphin marathoners finished their route, although some finished in the rain. Special thanks to Whitney and the Jog Pot was great!

ROADRUNNER TRAILS: Our next training session will be this Sunday, September 21st meeting at the Elks Club in Dowagiac. The schedule is:

- 8:00AM Mountain Sheep hikers will have a trip orientation at the Elks Club.
- 8:30AM Mountain Sheep and Dolphin hikers will start hikes on the Roadrunner Trails ranging from 3.8 to 26 miles.
- 9:00AM Dolphin marathoners will have a lecture on training at the Elks Club.
- 9:30AM Dolphin marathoners will begin a 10 to 14 mile run on scenic Oakgrove – Dunning Street route.

MANISTEE TEST HIKE: Wow, it is getting close to that magic time! Please review the attached complete details on this very important final *Test Hike* before our visit to the Grand Canyon. Our hikes at Manistee River Valley are destination hikes and **all of our Cairn Stone family are welcome to join us.** Important to make hotel reservations now.

PICTURED ROCKS: Our annual trip to Pictured Rocks was wonderful as the weather cooperated for our hikes in the Jordan River Valley and the incomparable Pictured Rocks National Scenic Lakeshore.



The Elks Club is located at the Corner of Hill St. & Riverside Dr., Dowagiac, MI 49047. (South on Riverside from M-62/Riverside Drive then R on Hill St. at top of hill) [\[DRIVING MAPS\]](#)

PARKING: Please park near the south end of the lot to keep the closer spaces available for golf patrons.

“Take nothing for granted. Not one blessed cool mountain day or one hellish, desert day or one sweaty, stinky hiking companion: It's all a gift.”

Cindy Ross