



CAIRN STONE TEAMS NEWSLETTER



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TO: Cairn Stone Training Teams
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Manistee... as slick as an automated pancake machine!

MANISTEE TEST HIKE: We had a beautiful but warm day for our test hike and everyone performed very well, just like the automated pancake machine at our host hotel that fascinated everyone. Our 5.6, 10, 20 and 27.4 milers all did a wonderful job and achieved their goals. Everyone was off the course by 6:30 P.M. even with a late start. Once again, *Manistee Magic* prevailed on this very important day.

Special thanks to Whitney, Terri, Larry, Justin, Rob and Lee for their help with the aid stations and t-shirts. Dave the Packer guy also was a big help setting up for the reception.

DOWNING/INDIAN TRAIL: Our next training session will be this **Saturday, September 16th** at the Dowagiac Elks. This is primarily a training session for the Dolphin marathoners but **Mountain Sheep and training partners are welcome** to join us. A short lecture well start at **8:00 A.M.** and a training run of up to 16 miles will start at 8:15 A.M. The course is laid out on quiet country roads north of Dowagiac.

GRAND CANYON ITINERARY: An updated itinerary for our upcoming adventure *Out West* is attached. Please review carefully. I am excited about this trip!

GRAND CANYON ORIENTATION: Reminder: There is **no meeting** on Monday, September 19th. I covered everything in an earlier session and our departure details are in the attached itinerary.

CHUCK: I was very disappointed to learn that our hardworking *Mountain Sheep* Chuck Rupley had a set back and won't be able to go West with us. He is having unexpected surgery and will be in SB Memorial Hospital all week. I am not sure what the problem is but he is fired up and says that his hiking training has saved his life!

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.

“It is not talking but walking that will bring us to heaven.”

M. Henry

