



TO: Running & Hiking Friends
 FROM: Coach Ron Gunn
 DATE: January 18, 2017

2017

574.215.4779

CAIRNSTONEADVENTURETOURS.COM

Ron@CairnStoneTours.com

GREAT ATTITUDE AT THE LIVERY!

LIVERY: We had 58 hikers, including 18 rookies, kick off our 2017 season with a great attitude on a very challenging day. I was really worried that no one would show up and the Livery staff would waste their time coming in early. This was not the case and we had a great orientation and a good hike. Special thanks to Whitney, Thom and Kelly and her Livery staff. Our hikers post hike patronage was also greatly appreciated!



NILES RIVERFRONT: Our next orientation and hike will be this **Saturday, January 21st** at the **Niles-Buchanan YMCA**. Please note the **TIME CHANGE** because of the *Frigid 5k Race*. The lecture will begin at **9:00AM** (NOT 8AM) and will include the topics HOF training, proper equipment, hiking techniques, and Grand Canyon trip itinerary and roster updates. I also plan to introduce the group to *Juanita Javelina*.



I suggest bringing a light portable chair as seats are limited in our meeting room. At 10:00AM we will start hikes ranging from 3.8 to 8.2 miles on courses that include the Riverfront Trail and the lovely, quiet roads of the former Morris Farms. Cairn Stone vet Jay Crouch has arranged for neat post hike rehydration at the new Massimo's in Niles on Front Street (now **Front Street Pizza & Pub**). This is also the weekend for the *Niles Ice Festival* but our pleasant hiking weather will not be so good for the ice sculptures.

DIRECTIONS: YMCA, 905 Front St., Niles, MI [MAP](#)

REHYDRATION: Front St. Pizza & Pub, 510 Front St., Niles, MI [MAP](#)

SENIOR PASSPORT: (for those 62 & older) Please note that within a matter of months the National Parks Senior Pass is going up from \$10 to \$80 for a lifetime pass. Still available for a short time at any National Park that charges a fee or purchase online for \$20. [Google search *USGS Senior Pass* or use this [link to purchase](#)]



NEW SIGN OUT SHEETS: We have new sign out sheets for our hikes; one for the Grand Canyon teams and one for our Training Partners and Guests. Names are printed alphabetically. If your name is missing, write it in and add a note so we can have it there next hike.

(see attached for details)

