

TO: Running & Hiking Friends
FROM: Coach Ron Gunn
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GETTING READY FOR A SENSATIONAL NEW YEAR!

TURKEY TROT: Many Cairn Stone trekkers not only “talked the talk”, they “walked the walk”. We had a great turnout enjoy this beautiful course on a mild day. I also had a ton of volunteers who made this event possible. Special thanks to Gary Kachur, Larry & Terri Lies, Marty & Kathy Flynn, Joyce Fox, Jen Beaumont, Cindy Scharmach, Bonnie Elder, Susan Veersma, Joyce Smallidge, Mary Connelly, and Thom Janssen. We had a lot to be grateful for in 2017!

ALOHA RUN/WALK: We will kick off the year on a fit note with my 38th annual Aloha Hang Loose Hawaiian Fantasy Run/Walk at 10:30AM on New Year's morning. It is a low key fun walk or run of 5.2 or 3.0 miles with an optional potluck luncheon to follow. Complete details are attached.

Ahi Maluna!

2018 SCHEDULE: Our 2018 training schedule will be posted on your email on December 29. I am very excited about our new training schedule for next year.

NEW ZEALAND UPDATE: The New Zealand itinerary is now complete and it will also be posted December 29. This will be an idyllic adventure!

