

2016 CAIRN STONE NEWSLETTER

TO: Running & Hiking Friends
FROM: Coach Ron Gunn
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LINDY'S LAP OF LAKE LAGRANGE A SUCCESS!

LAKE LAGRANGE: My *weather luck* held for this *bonus hike* as storm conditions let up and we had peaceful walks through a beautiful winter wonderland. And a good omen during the walk were flocks of Sandhill Crane migrating overhead! After the walks our fellowship in the "lakeview" room of Lindy's went very well. Special thanks to Thom and also to Danielle and her staff at Lindy's.

ALOHA RUN/WALK: This is a great way to start off the New Year on a fitness and wellness note. The start has been moved back one hour to 11:30AM because St. Paul's has a 10:00AM Sunday service — you are welcome to attend – this church rocks! Complete details are attached. *Fedi Fe!*

DIRECTIONS: St. Paul's, 306 Courtland St, Dowagiac, MI 49047 [MAP](#)

GRAND CANYON XI: I am really *fired up* about this trip! I am in Olympia, Washington now visiting family and I just finished setting up the Sedona portion of our trip. You're going to love the new hikes and our lodging in this amazing technicolor wonderland! And our hotel (4 days and 3 nights) there is spectacular. It is easily within walking distance of a plethora of great restaurants and shopping, including Uptown, [The Hike House](#), [Hillside](#) and [Tlaquepaque](#).

I will have a complete itinerary out shortly but here's a sneak peek: We are going to spend the first night in St. George, UT, the second night on the North Rim, the third and fourth nights on the South Rim, the fifth, sixth and seventh nights in Sedona and our last night will be in Phoenix.

I am very pleased with our price of \$1,945. Our last trip in 2014 was priced at \$1,795 and that was without the airport shuttles to/from Niles and Chicago. I also added two hot breakfasts at the Yavapai Lodge on the South Rim. The costs may go lower as I am soliciting prices from Southwest Airlines – their fare rates for September don't announce until January. If their rates are lower I will credit the savings on your last payment. Plus no luggage fees if Southwest comes through! I will keep you informed.

If you are still considering this trip know that only a few spots remain before we start a wait list -- we had 7 sign up in the past 10 days; 5 alumni and 2 rookies!

