

# 2016 CAIRN STONE NEWSLETTER

**TO:** Running & Hiking Friends  
**FROM:** Coach Ron Gunn  
**DATE:** 2 February 2016

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## ANOTHER BEAUTIFUL DAY FOR A JANUARY TREK!

**NILES:** We had a great turnout enjoy a beautiful hike on one of best days that I can recall for this January hike. Special thanks to Denise Peters and the Niles Y staff, Whitney Podell, Thom Jansen, Jay Crouch and the Metzger's. Our trekkers also enjoyed the Hunter Ice Festival and many stopped at Massimos for a fun rehydration. The Jog Pot rewarded the Niles YMCA well. Thank you.

**LOVE CREEK:** Our next training session will be at the beautiful lodge in Love Creek County Park near Berrien Center on **Saturday, February 6 at 10 AM**. An important lecture covering the hikes at Mt. Hood (including a 3-D map indicating which hikes require test hike qualifications and what hikes don't), HOF training, and if time allows, packing your day pack. We are fortunate to have an experienced boot fitter Brett Alber of Fleet Feet in Mishawaka to demonstrate and inform us how to select the best foot wear. At 11 AM hikes ranging from 4 to 9 miles will begin on the quiet and scenic roads surrounding Love Creek. Please put park fee in Jog Pot and not directly to the park – I make a count and give it to them. It helps maintain our good relationship there. Thank you.

**DIRECTIONS:** [Love Creek Nature Center](#), 9292 Huckleberry Rd., Berrien Center, MI 49102

**UP NORTH:** Please find attached the flier for our 2016 Up North trip scheduled for **August 5<sup>th</sup> through 9<sup>th</sup>**. This year our highlights include Pictured Rocks, Tahquamenon Falls and Mackinac Island.



**FUTURE MAJOR TRIPS:** I am currently in the tentative planning stages for a 2017 return to the Grand Canyon and a 2018 team trip to New Zealand. I am investigating approaching the Grand Canyon from Salt Lake City and the wonderful Utah national parks of Arches (Moab) and Canyonlands and Antelope Canyon in Arizona. Then on to the North Rim and then South Rim. The New Zealand trip will include a stopover in Kona, Hawaii going and a stopover in Maui (we still have to do Haleakala) on the return. The date for the Grand Canyon will be late September and New Zealand will be January or February (their warm season). I welcome your input.

**“At the touch of love everyone becomes a poet.”**

**I guess this means when it comes to my Cairn Stone family I am a poet and a coach.**

**Coach Ron Gunn**