



TO: Running & Hiking Friends
 FROM: Coach Ron Gunn
 DATE: January 4, 2017

574.215.4779

CAIRNSTONEADVENTURETOURS.COM

Ron@CairnStoneTours.com

ALOHA 2017 WAS A BLAST!

ALOHA RUN/WALK: This year's hike literally started with a *loud blast* on the traditional conch shell by Cairn Stone vet Rob Riley. And the large turnout enjoyed one of our best weather days in the 37 year history of this event. And our beautiful participants not only enjoyed the beautiful course and weather, but their love raised \$329 for Haiti! Special thanks to Whitney, Cindy, Thom, Rob, Gary and Mary and *merci beau coup* to our hikers!



THE LIVERY: We will kick off our 2017 training season this **Saturday, January 7th** at **The Livery Brew Pub in St. Joseph, MI**. A very informative orientation will start at **10:00AM** and will include the training program and updated itinerary for the Grand Canyon XI trips.



At 11:00AM hikes through Benton Harbor and St. Joe ranging from 3.8 to 8.2 miles will begin (1hr 16min to 2hr 40min HOF). I realize that we will have weather concerns this Saturday and the hike can be optional until we get further into the program, especially for the rookies.

Kelly is the new manager at The Livery and she is opening for us early and welcoming us with open arms. I hope everyone will consider patronizing this wonderful pub as a thank you for their support. The course will be set up regardless as I know that our vets realize that...

...there is no such thing as bad weather, just bad dress and prep!

DIRECTIONS: The Livery, 190 5th St., Benton Harbor [MAP](#)

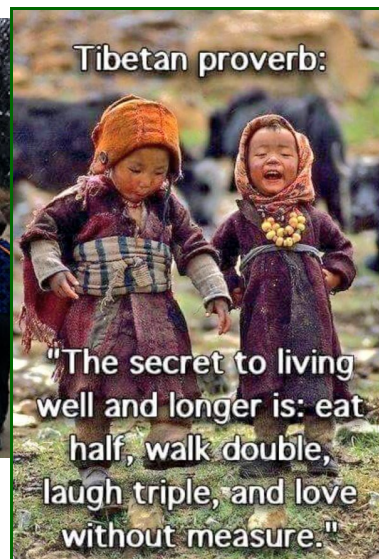
RUPLEY PROGRAM: Cairn Stone vet Chuck Rupley is going to give a special presentation of his pilgrimage hike on the [El Camino Francais](#) in Spain on **Sunday, January 22nd at 1:30PM**. This will be a visual experience into the sights, sounds, landscapes, festivals, customs and people of and along the 567 mile Christian pilgrimage trail. I plan to attend and hope to see many of our Cairn stone people there.

DIRECTIONS: Fernwood Botanical Gardens, 13988 Range Line Rd., Niles, MI 49120 [MAP](#)



Iz Kāmakawīwo'ole

INSPIRATION: A Hawaiian musical interlude to fire you up! I love this! ["Somewhere Over The Rainbow"](#)



Tibetan proverb:

"The secret to living well and longer is: eat half, walk double, laugh triple, and love without measure."

