

NEWSLETTER FROM COACH RON GUNN 1-27-10

NO HIBERNATION FOR MOUNTAIN SHEEP, ORCAS OR HIGHLANDERS

ROADRUNNER TRAILS: We kick off our training season on Saturday, Feb 6th at 9:30AM at the **SMC Dowagiac Campus**. A lecture on proper equipment and our progressive overload training system will be held in the **O'Leary Building** located on the east side of the campus. Take the Cherry Grove Road entrance and park in the north lot. The O'Leary building is just west of this lot. I encourage our Highlanders and Orcas to attend the lecture if you need help with selecting equipment. This training program is for you too.

The training hike will start at 10:00AM. The distances will range from 2 to 7 miles (40 min. to 2Hrs. 20Min. HOF – Hours On Feet) and I am hoping to use the Roadrunner Trails. If the trail conditions are not good, we will repeat the Peavine and Shurte Street course that worked so well last year. You have the out and back option to hike to the half way mark, turn around and repeat to the finish. Or you may opt for greater challenge popular with our Grand Canyon veterans to hike out to finish on the O'Keefe street hill. We will have a shuttle van to bring you back.

BONUS HIKE: Just a reminder about the **Hustle For Haiti** Run/Walk this **Sunday, January 31st** starting at **1:00PM** at the new SMC fitness center. The distances are **10k, 5k and 2k** and a beautiful out and back course on the country roads will be used.

This will be a well orchestrated event that will give runners and hikers – some of the kindest souls I know – a chance to show that they care about the plight of the Haitians. The entry fee is the *big donut*, nada, free!

Please report to the fitness center by 12:45PM. If you want to donate some funds for food and meds I suggest going to the Woodfire restaurant after the event for their tasty pasta buffet. The cost is \$10 with \$5 of that donated back to the Haitian relief. Complete details are on my [Cairn Stone Adventure Tours](#) web site. Fedi Fe! (Haitian for Fire Up).



ALOHA RUN: This was our most successful Aloha Run ever and we had a big turnout including many Cairn Stone alumni. We also raised over \$500 for supplies for our Haiti medical mission trip in March. MAHALO!

HAITI TRIP UPDATE: Our medical mission trip schedule for March 6th through 14th this year is currently on hold, pending conditions in Haiti. We have a dedicated team that is eager to go. Haiti has a very difficult road to recovery and I can guarantee our supporters that we will be on that road with them in the years to come. **Merci beau coup for all your support!** Check out the shirts that will be for sale Sunday at the Hustle for Haiti run/walk. We will also be playing the soundtrack from the wonderful [HOPE FOR HAITI NOW](#) telethon.

FLEX PAYMENT RECEIPTS: Thank you for your prompt payments. Up to date receipts will be available on February 6th.

DOUBLE CHECK: It is important that our Mountain Sheep, Highlanders, Orcas and Training Partners check the pre training session newsletters for updated information, including lecture and training times. We usually email these on Wednesday before each training hike. If you don't have it by Thursday please email my communication person Thom.

DIRECTIONS: Maps with details and driving directions to all training events are located on my web site. [[MAPS](#)] (A Google search for *Coach Gunn* is a quick way to the web site)

“There is no such thing as bad weather – just bad dress.”