

TO: Training Teams
FROM: Coach Ron Gunn
DATE: June 21, 2017

574.215.4779

CAIRNSTONEADVENTURETOURS.COM

Ron@CairnStoneTours.com



GREAT EXTRA EFFORT AT LAWLESS!

LAWLESS PARK: We got a break early in the weather and our 36 participants got in some good extra effort on this bonus hike. A big special thanks goes to Thom Janssen and Cindy Scharmach for running aid stations and to Scott Wyman and Randy Hartley of the Cass County Parks Department for providing such a wonderful venue.

NILES RIVERFRONT: Our next training session is scheduled for this **Saturday, June 24** starting at **Plym Park Golf Course in Niles. At 8:00AM** Cairn Stone vet Karen Sommers will speak about Yoga and Pilates in the Canyon. At 8:30 we will start hikes ranging from 5 to 20 miles on the bike paths, quiet roads and trails along the St. Joe River in Niles. Gary, *you call – I haul*, Kachur will provide shuttle rides. A good suggestion is to hike the 10 miles to St. Pat's Park and get a ride back. Our rehydration station will be at Front Street Pizza Pub near Riverfront Park.

DIRECTIONS: Plym Park Golf Course, 401 Marmot St., Niles, MI 49120 [\[MAP\]](#)

[Front Street Pizza Pub](#), 510 N. Front St., Niles, MI 49120 [MAP](#) (NOTES: Front St. is also M139, located just north of Wonderland Cinema)

CASA: I am promoting the **11th Annual Cass County CASA Auction and Dinner** set for this **Friday, June 23** at the Social Hall of **Our Lady of the Lake** in Edwardsburg. The reception starts at **6:00PM** and participants have a choice of Prime Rib, Chicken or Vegetarian dishes. CASA is a wonderful organization that appoints special advocates who will appear in court for abused and neglected children. You can read more online at CassCoCASA.org. Cairn Stone Tours will pay \$25 of the \$75 per person charge for the event as an incentive for all Cairn hikers to attend. Just mention Cairn Stone Tours when making your reservations to **Erica Boulanger at 574-876-5420**. The auction should provide some great deals on some cool items. Thanks for considering!

DIRECTIONS: Our Lady of the Lake, 24832 US-12, Edwardsburg, MI 49112 [MAP](#)

