

**TO: Cairn Stone Travelers and Training Partners**  
**FROM: Thom Janssen, Cairn Stone Communicator and fellow hiker**  
**SUBJECT: Where and How to find Information and Who to ask**

**Lectures:** Attend Coach Gunn's lectures. There is no substitute for his one on one coaching.

**Newsletters:** Please read them. There may be last minute changes to our meeting place or time. Expect a Newsletter by Thursday noon before each training hike and will be on the web site on Friday. This is our primary communication to the teams for last minute changes. [\[NEWSLETTER ARCHIVE\]](#)

**Not getting our emails:** Check your Spam mail folder. Put both my addresses in your address book: [thomaspjanssen@aol.com](mailto:thomaspjanssen@aol.com) and [thom@cairnstonetours.com](mailto:thom@cairnstonetours.com) for Thom Janssen and contact me.

**Coaching Questions:** All coaching/training questions go to Coach Gunn, but please copy me.

**Money Questions:** All money and account balance questions go to Coach Gunn. [\[PAYMENTS PAGE\]](#)

**Schedule Questions:** I can answer many of these and will forward any I can't to Coach. [\[SCHEDULE\]](#)

### **WEB SITE**

**Web Site Questions:** I need to know of any issues you may have with the web site including log in or viewing pages. Your prompt email is appreciated. Please don't assume it is just your problem.

**Technical Questions:** I will help you with any computer issues. You must be able to view the emails as well as the attachments. If you cannot please email or phone me right away. [\[COMPUTER HELP\]](#)

**Training Program:** It is proprietary. The web site material is intended to supplement and not replace the lectures. You must log in for the lecture hand outs. Contact me for the log in info. [\[COACHING INFO\]](#)

**Team Pages:** Are not public. You must log in to access the information on these pages. Here you will find contact information for your travel and training teammates. Later there will be lists such as the hotel rooming list. If you do not want your contact information shown, please email me.

**Log In:** To log in to the Proprietary Training and Team pages you must use a User Name and a Password (which are case sensitive): User = \_\_\_\_\_ Password = \_\_\_\_\_

**User Name & Password:** You will receive a User Name and Password by email to use for access until the end of the year. Print this page and fill in the blanks above when you get them.

**Search for *Coach Gunn*** for a quick link to the CairnStoneAdventureTours.com web site.

**Web Site Revisions:** The last revision date appears at the top of the Home page. [\[HOME PAGE\]](#)

**Newsletters:** All Newsletters are archived on the [Newsletter](#) page under Training Info.

**Links:** Hyperlinks are blue and underlined. Point and click on these to go directly to a web page with more information. You will find links in the Newsletters, on the web site and in this document. They are provided for your convenience should you have further interest in a topic or description.

**Maps:** The web site MAPS page has directions to every meeting/training hike location. All maps have been corrected for accurate location and may have additional information such as the location of a nearby restaurant favored by past groups or building locations on the SMC campus. [\[MAPS\]](#)

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