

CAIRN STONE 2024 TRAINING NEWSLETTER

TO: CAIRN STONE HIKERS
FROM: COACH RON GUNN
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ALOHA AND AHI MALUNA PREVAIL ON NEW YEAR'S MORNING!

ALOHA FANTASY RUN/HIKE: We had 100+ turn out to start the year with love and a Fired Up spirit hiking 4 to 15 miles on the Roadrunner Trails. The weather was a blessing as many of these Aloha hikes have been done on icy snow covered roads. In addition to the beautiful course all participants (except those going 15 miles) enjoyed a tasty potluck lunch and some spirited beverages served by Susie Genron and Ray Klomes at the Dowagiac Elks Club. **The Aloha spirit** was present as our hiking group showed a loving heart as we raised \$555.00 for the Elks Veterans fund! **Special thanks** go to Jay and Kate Crouch, Thom Janssen, Susie Genron, Ray Klomes, Gary and Marlene Kahur, Heather Birky and Pat Murphy.



LOVE CREEK: Our first 2024 training hike will be this **Saturday, January 6** starting at **9:00AM** at the beautiful *Love Creek County Park and Nature Center*. We'll meet in the Nature Center where I will give an important orientation. This lecture will include proper equipment, Tear and Repair training and trip updates. At 10:00AM we will start our all trail hikes on marked courses of 3.2, 5.0, 8.2 and 16.4 miles.



REHYDRATION: Our rehydration station will be at the *Indian Lake Pub* just 11 minutes away and just off M-62. (Try my favorite appetizer the Brussel Sprouts!)

DIRECTIONS: Love Creek Park, 9292 Huckleberry Road, Berrien Center, Michigan
Indian Lake Pub, 55986 Indian Lake Road, Dowagiac, Michigan
(Driving map links in your email)



“IT WAS GREAT TO SEE ALL MY CAIRN STONE FRIENDS AT THE ALOHA HIKE!
THIS IS CERTAINLY A HOLISTIC PROGRAM!”

Coach Gunn