

TO: CAIRN STONE TREKKERS
FROM: COACH GUNN
DATE: NOVEMBER 21, 2022

574.215.4779

Ron@CairnStoneTours.com



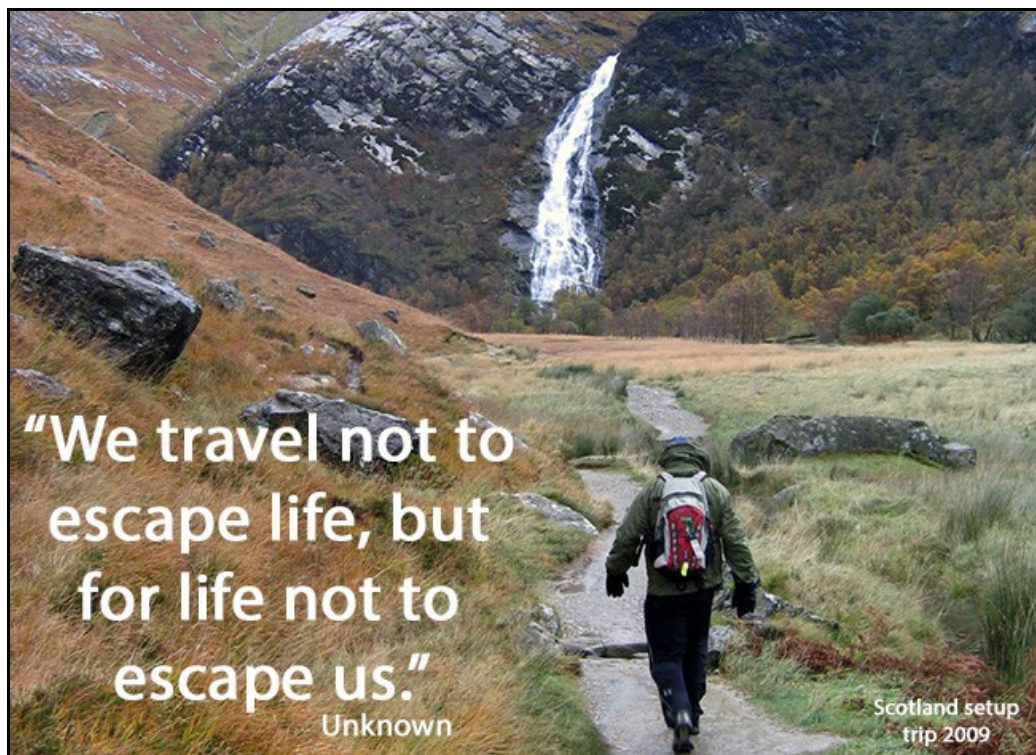
TURKEY TROT: The heavy snowfall required me to tentatively rescheduled the 55th Annual Turkey Trot for Sunday, March 12, 2023 starting at 1:00PM. It will be called the *Leprechaun Turkey Trot* and more details will be available soon. I appreciated the willingness of so many Cairn Stone members who volunteered to help with our return to Southwestern Michigan College for this race. Special thanks go to Jay and Cathy Crouch, Chell Easton, Tom Wisniewski, Flo Sasaki, Beth Janssen, Melissa and Jeff Gunn, Kathy Flynn, Tom Ferry, Dee Curtis, David Dits and Diane Hollis.

GC XII REUNION: The celebration of our wonderful Grand Canyon trip this fall will take place on **December 11 at 2:00PM at the Dowagiac Elks Lodge**. It will be a potluck with an open cash bar. Unfortunately, Thom will not be able to attend so there will not be a slideshow of the trip unless there is a Cairn Stone member who can step in and create this show (if interested contact Thom@CairnStoneTours.com). Either way I know we will have a great time. I will present a prize for the best ugly Christmas sweater contest.

BONUS HIKE: I am scheduling a bonus hike at **Saugatuck on December 17** starting at **11:00AM** at the Mt. Baldy parking lot and we will do either the *Zig Zag* or the *Lakeshore/City* hike depending on the weather conditions. The distances will vary between 6.8 and 13 miles.

2023 TRAINING SCHEDULE: I am excited about our 2023 training schedule. I have been able to add Swiss Valley back into our schedule. A tentative schedule is attached for your review.

"Happy Thanksgiving! I am very grateful for my Cairn Stone family!"



"We travel not to
escape life, but
for life not to
escape us."
Unknown

Scotland setup
trip 2009