

TO: CAIRN STONE ADVENTURE HIKERS
FROM: COACH GUNN
DATE: OCTOBER 22, 2022

574.215.4779

Ron@CairnStoneTours.com



MUCHAS GRACIAS AND LOOKING AHEAD

PERSONAL NOTE: *I shall not let another moment pass without profusely thanking everyone for their love and caring! It really helped get me through a tough time! Your cards, emails, and very generous tips [GC XII trips 1 & 2] were very touching! I even received three postcards from Phantom Ranch!!! I have always said that this group goes beyond being a hiking club – it is a holistic group of wonderful human beings!*

GRAND CANYON XII: Both trips went extremely well and our dedicated training paid off with some awesome achievements and wonderful adventures. Of course a special thank you to Thom Janssen for stepping in at the last minute and providing great guidance. I also want to thank Tim Calhoun and bus driver Reggie for their wonderful contributions. I am planning a **reunion potluck** at the Elks Lodge on **Sunday, December 11 at 2:00PM**. We will also have Thom's trip slideshow with music.



SANDHILL CRANE: This year's Sandhill Crane race was one of the best ever orchestrated, including the weather! Special thanks go to all my Cairn Stone volunteers including, Thom Janssen, Gary Kachur, Marlene Kachur, Flo Sasaki, John Lee, Kathy Flynn, Elaine Metzger, Ginger Riley, and Grassflower. Honorary Cairn Stone hikers Ray Klomes and Melissa Gunn were a big help also.

2023 SCHEDULE: I am now working hard on next year's hike training schedule and it should be posted within the next two weeks. I am hoping on restoring two of our best hikes – *Swiss Valley* and *Big Rock Valley* – back into this schedule. I also should have preliminary plans ready soon for our trip to the Pacific Northwest. I am really fired up about this trip and our beautiful and unique destinations. Just to whet your appetite our **TEST HIKE** will be a wonderful 18.2 mile loop at Mt. St. Helen's. I realize that I will have altitude restrictions on me, but this is going to be a dynamite trip.

TURKEY TROT: I am fired up that our 55th Annual Turkey Trot will be back on the SMC campus this year. I am hoping to have a big turnout on **Sunday, November 20 at 1:00PM**. There will be a 5k, 10k and Kids Fun Run. In addition to participants, I will **need volunteers** to help with registrations, T-shirts, and on the course. Please contact me at: Ron@CairnStoneTours.com. Complete race details are attached and on my website under **RUN-WALK EVENTS**.

ALOHA RUN: Our 43rd annual New Year's Day Run/Hike kicks off the new year on a fit note. This run/hike will be orchestrated from the **Dowagiac Elks Club at 10:00AM** (St. Paul's church has closed). We will have a great course on the *Roadrunner Trails* and the urban portion will feature the Sculptures and Mansions around Dowagiac. Afterwards, in addition to our traditional *Aloha Spirit* (Cairn Stone fellowship) and potluck lunch, we will have a cash bar. All donations go to the *Elks Veteran's Charity*.