

TO: CAIRN STONE TREKKERS
FROM: COACH GUNN
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THE SPIRIT OF ALOHA PREVAILS AT NEW YEAR'S HIKE!

ALOHA HIKE: We had a terrific turnout enjoy the Roadrunner Trails on a great day for hiking. The Aloha spirit of love also translated to the fellowship enjoyed at the post race potluck and all of the contributions to the Jog Pot for the Elk's Veterans fund. We raised \$671 for this very worthy cause! Wow! You people are a very special group! Also special thanks go to Jay and Cathy Crouch, Gary Kachur and Thom Janssen. And I appreciate everyone who patronized the bar and busing your glasses.

LOVE CREEK: Our first training hike of the year will be this **Saturday, January 7** at Love Creek Creek County Park and Nature Center. I plan to have an important orientation lecture in the beautiful meeting room in the lodge starting at **9:00AM**. Lecture topics will include the proper equipment, the HOF training program, and an update on our Fall hiking tour. This will be an **extremely informative session**, especially for our **rookies**. At 9:45AM we will start hikes ranging from 3 to 8 miles on the beautiful trails of Love Creek. This is a real treat since usually our first hike here is on the roads due to snow on the trails. Love Creek Nature Center has modern restrooms.

REHYDRATION: Our rehydration station will be OTI (Old Tavern Inn) in Sumnerville.

DIRECTIONS: To Love Creek and to OTI in the email with map links.

**"As 2023 starts I am overwhelmed with optimism that erupts north.
In other words, Fire Up!"**

Coach Gunn

