

CAIRN STONE OFF SEASON NEWSLETTER

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TO: CAIRN STONE ALUMNI
FROM: COACH RON GUNN
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THE TROT ENJOYS BEAUTIFUL FALL DAY!

TURKEY TROT: We had over 200 *trotters* and fit walkers tour the beautiful autumn colored Roadrunner Trails. Special thanks go to our host Southwestern Michigan College, course set up specialist Jay and Kathy Crouch, T-shirt clerk Marlene Kachur, registration experts Beth Baker-Janssen and Melissa Gunn, and course inspectors and aid helper Heather Birky, Thom Janssen and Jeff Gunn. Emily Shrock, Zak Satori, Tony Walker, Mary Young-Marcks and Matt Stack were very valuable SMC staff helpers!

BONUS HIKE: I love my Cairn Stone family and I am setting up a bonus hike in Saugatuck on the *Zig Zag* course on **Sunday, December 17 starting at 10:00AM**. Courses of 6.8 and 13.0 miles will be offered. As all of you know this is one of my favorite courses in the world and it looks like the weather is going to cooperate. Remember, this is going to be executed on SUNDAY, December 17 not Saturday.

DIRECTIONS: Mt. Baldhead Park, park across from The Pump House Museum, 735 Park Street, Saugatuck, MI

REHYDRATION: TBA. We have plenty of great places to consider.

CHRISTMAS ON THE LAKE: One of my favorite places to be in the world at Christmas time is in the village of Saugatuck and Holland (only 9 miles north). They both feature an old fashion, downtown Christmas. There is plenty of music and beautiful decorations and Holland even features heated sidewalks and wood burning stoves. Both are very festive places!

CAIRN STONE CHRISTMAS PARTY: I am looking forward to our Christmas Potluck scheduled for this Tuesday, December 12 at 6:00PM. Please bring a dish to pass and enjoy the cash bar in support of the Elks Club. And always a highlight is Thom's trip photo essay with music!

Mt. St. Helen's Video: Come early to see the award winning documentary DVD *Fire Mountain, The Eruption and Rebirth of Mount St. Helens* at 5:00PM.

PNW Slideshow: After dinner our Pacific Northwest trekkers and anyone interested will have the option to stay to view Thom's slideshow of our *Pacific Northwest III* adventures.

ALOHA RUN & WALK: Please review the attached Aloha Run/Walk flyer. Always a fantastic way to start the New Year on a fitness note!

