

CAIRN STONE OFF SEASON NEWSLETTER

TO: CAIRN STONE ALUMNI
FROM: COACH RON GUNN
DATE: October 18, 2023
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PACIFIC NORTHWEST TOUR WAS PHENOMENAL!

PAC NW: Despite a couple site adjustments, I rate our trips phenomenal! This was largely because of the people involved and my weather luck. As I mentioned in a Facebook post, despite a busy 34 days on the road, I basked in the afterglow of an epic trip on my return. Our Cairn Stone hikers were wonderful not only on the course but off. I'm fired up for Scotland because of the support and cooperation that I received. And your gifts and cards were amazing and really inspired me! I am looking forward to organizing a Christmas reunion.

SANDHILL CRANE: This hidden gem of a half marathon in Southwestern Michigan has been a true labor of love for me and I truly appreciated the great help Jay Crouch, Thom Janssen, Dick Judd, Marlene Kachur, Flo Sasaki, Beth Baker and Gary Kachur gave me in keeping this race a real highlight!

BONUS HIKE: I am orchestrating a bonus hike for this **Saturday, October 21** starting at **9:00AM** at **Tree-Mendus Fruit Farm** just west of Indian Lake. The main hike on this cool course through orchards, fields, woods and a golf course will be 10.7 miles. There will also be a 7.3 mile course and longer options for our heavy hitters. I feel at this time of year a good *10 miler* is a perfect pick. As an additional bonus our Cairn Stone hikers are invited to pick an apple to enjoy on the trail! Please **no early or late starts. We are invited guests** on four private properties of my friends and this course is not open to the public.

DIRECTIONS: 9351 E Eureka Rd, Eau Claire, MI 49111 (M-62 west from Dowagiac, north on Brush Lake Road, left on Eureka Road about one half mile.)

REHYDRATION STATION: Indian Lake Pub, 55986 Indian Lake Rd, Dowagiac, MI (5 min. drive)

NEXT BONUS HIKE: Mark your calendars for a **Night Sky** hike at **Lawless Park** on **Saturday, November 11**. More details soon.



"I hike because there are some things that just can't be Googled." Anonymous