

CAIRN STONE TRAINING NEWSLETTER

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TO: Grand Canyon Trekkers & Training Partners
FROM: Coach Ron Gunn
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ALOHA WAS AN AWESOME START TO 2022!

ALOHA: We had 54 *fire up* participants start the new year on a fit note. It turned out to be an excellent hike as the snow held off and we got to use the trails. Special thanks to Gary's *spirited* aid station outside at the finish, the work of Matt Stack clearing the trails and Jay and Kathy posting and picking up the signs. Also a tip of the hat to our traditional conch shell players Rob Riley and Jeff Gunn and to Thom for the help with the Hawaiian music and cleaning up the church hall. Also a special *mahalo* to the wonderful hearts who donated over \$340 to the St. Paul's food bank.

LOVE CREEK: Our first official training hike of the 2022 season will be held at **Love Creek County Park** located near Berrien Center west of Dowagiac.

LECTURE: I felt really bad about not being able to lecture the last two years because of the pandemic. I felt our *rookies* really missed out so I am going to conduct a **special 30 minute presentation at 9:00AM** on hiking gear and footwear for our *rookies* (anyone who has never attended one of my hiking gear lectures and is currently registered on one of the two training teams; Grand Canyon or Training Partner). The lodge opens at 9:00AM and they have



a beautiful room where we can spread out and accommodate 25 people. **Masks must be worn** and people will only be able to sit at 25 designated spots. Reservation only and again this lecture is for those who have never heard this lecture. **To reserve one of the 25 spots** email me at Ron@CairnStoneTours.com and I will reply to confirm you have a spot. Please, **firm commitments only and no guests**, this is for our registered Grand Canyon trekkers or Training Partners. If interest is high I will consider doing this lecture again.

HIKES: At **9:45AM** we will start hikes ranging from 5 to 7.5 miles on one of our most beautiful road courses – The *Jones Road Scenic Course*. I realize that not everyone will be comfortable with this special lecture arrangement and you will find information on this topic at Lecture Notes on our website. Modern restrooms will be available. **Please do not** wear cleats into the lodge and do not hike on the trails as they are only open for cross country skiers and fat tire bikes.

REHYDRATION STATION: I recommend *The Indian Lake Pub* for those interested in rehydrating. The *Old Tavern Inn* is also great but may be slammed with snowmobiler's.

DIRECTIONS:

Love Creek Park, 9292 Huckleberry Road, Berrien Center, MI
Indian Lake Pub, 55986 Indian Lake Road, Dowagiac, MI
Old Tavern Inn, 61088 Indian Lake Road, Niles, MI

2022 GRAND CANYON XII: I am very excited about this trip and I am busy finalizing our plans. This is a very challenging time to make travel plans and I appreciate your understanding.

NOTE ON NEWSLETTERS: In February training newsletters will begin going only to registered training team members (Grand Canyon or Training Partners). Contact Thom@CairnStoneTours.com with any questions.



To give anything less than your best is to sacrifice the gift.
- Steve Roland Prefontaine

