

CAIRN STONE TRAINING NEWSLETTER

TO: Everyone
FROM: Coach Ron Gunn
DATE: December 16, 2019
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IT WAS A TREMENDUS DAY!

MADLINE BERTRAND PARK: We had 40 fired up trekkers show up on a beautiful morning to enjoy a wonderful hike and help support Bill Teichman of Tree-Mendus Fruit Farm in his fight against the EEE virus. The great mid-December weather was enjoyed by everyone. Special thanks to setup/clean up volunteers Larry Lies, Jay Crouch, Jim D'Haenens and Kathy Crouch. Contributions to Bill's fund are still coming in and I will report the amount later. Also a *tip of the hat* to the park staff who waived parking fees to this lovely park.



ALOHA: Our next hike will be on **Wednesday, January 1** starting at **10:30AM** in **Dowagiac** at **St. Paul's** Episcopal church. This will be our 40th annual *Aloha Fantasy Run/Walk* and is a great way to kick off the year on a positive fitness note. It is also an optional potluck with lots of great food and fellowship. Complete details are attached. [A little history: Coach Gunn has trained hundreds to run their first marathon. Several of these groups ran a Honolulu Marathon as part of a two week, three island tour. The *Aloha Fantasy Run* emerged as a way to start each year with a *stick out your tongue to catch a snowflake* attitude!]

2020 HIKE SCHEDULE: Our tentative Cairn Stone hike schedule for next year is attached. I am very excited about it and look forward to another great year with wonderful people! My tentative plans for the *Best of Utah* will follow in about one week. **UTAH or BUST!**



HOW IT WORKS

ABOUT EMAILS: So you know – the pre-training season newsletters go out to everyone on Coach Gunn's email lists as they contain new information of general interest. Training Newsletters are meant to be targeted mailings to our two training team members however it takes a while to establish the teams. Everyone will get all newsletters until about mid-February. Then we will have the two training team member lists of travelers to Utah and non-traveling Training Partners. Rest assured if not on a 2020 training team that you will always be informed of new events/activities (also all newsletters are available on the website). To join a training team either register for the 2020 Utah trip or as a 2020 Training Partner (forms and instructions on website).

UNSUBSCRIBE: To get off Coach Gunn's email list simply reply to any email from us with REMOVE in the subject or stated in your message. Thank you for not blocking us as SPAM.