

CAIRN STONE TRAINING NEWSLETTER

TO: Everyone
FROM: Coach Ron Gunn
DATE: January 22, 2020
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HUSTLE PREVAILS AT LINDY'S HIKE!

LINDY'S: Despite some wet weather we had a big crew hustle through our inaugural 2020 training hike around Lake LaGrange. Special thanks go to Gary Kachur and Whitney Podell for their help and also the Lindy's staff for an excellent job of hosting us.

NILES MORRIS FARMS: Our next training hike will be this **Saturday, January 25** starting at **9:30 AM** at the *Front Street Pizza Pub* in downtown Niles. Note: this is a change in meeting site but it will work out much better for our lecture. Lecture topics will include proper equipment, HOF training and Utah updates. At 10:30AM hikes ranging from 4.8 to 9.2 miles will be held on the course that includes the Niles Riverfront and the beautiful Morris Farms areas.

MEET & REHYDRATE: Front Street Pizza Pub, 510 N, Front St, Niles, MI 49120 NOTE: Please park across the street NE in their auxiliary parking lot so we don't fill their main parking area.

TEST HIKES: I am currently completing our Utah trip itinerary and the hikes that will require qualification through *Test Hikes*. I plan to present these hikes in Utah at the following training session at the *Love Creek Lodge* on February 8.

TRAINING SCHEDULE: it is very important to always double check for updates on the training schedule. Thom will always have the newsletter emailed at least two days before our training hike. Any last minute changes will be announced in the newsletter.

TRIP ROSTERS: We have not heard from 37 who have deposit down on the Utah trips. We are now starting to form the trip rosters for Utah. We are studying the payment records and requests and will have rosters by February 8 or before. Thank you for your patience. I am overwhelmed and fired up about the number of full payments received! Thank you!

REHYDRATION: Our rehydration will be at the *Front Street Pizza Pub*. It is a great place to enjoy good food, beverage and fellowship! Thanks for your support.

LAST NEWSLETTER: This is the last bi-weekly training newsletter going to our full mailing list. Starting in two weeks our mailing will be limited to our two training teams; Utah hikers and Training Partners. If you signed up as a 2020 Training Partner you are OK. If you put deposit on the Utah trip but haven't made a payment please let us know your intentions. Thank you.



"I am not 78 years old. I am Sweet 16 with 62 years of experience!"

Coach Gunn