

CAIRN STONE TRAINING NEWSLETTER

TO: Everyone
FROM: Coach Ron Gunn
DATE: January 8, 2020
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ALOOOOHA MAGIC!

ALOHA HIKE & RUN: Wow! One of our best days ever for this fun event! We had a big turnout kick off the new year on a fit note and enjoy the powder covered trails and then fellowship and food at the post hike potluck. Everyone's hearts were big as we raised over \$800 for the St. Paul's Church food charities. Special thanks go to Sarah Gunn, Jon Veersma, Gary Kachur, Whitney Podell, Cindy Scharmach, Rob Riley, Dick Judd and St. Paul's Episcopal church.

LINDY'S: Our first training hike and orientation of 2020 will be held at **Lindy's Restaurant** 5 miles southeast of Dowagiac on the old Lake LaGrange wetlands area. THIS IS A CHANGE IN LOCATION as the Strand at Sister Lakes has decided to close for the winter. Lindy's, home to the Roadrunners since the 70's, is fired up to host us at their beautiful facility on the banks of the Dowagiac Creek and the Lake LaGrange wetlands.

At **9:30AM** a lecture on the Utah trip updates, equipment, and HOF training will take place and at 10:30AM hikes ranging from 3.0 to 7.8 miles will take place on the quiet, scenic, curvy bucolic roads around the old Lake LaGrange.

MEET & REHYDRATE: Lindy's Restaurant, 57983 M-62, Cassopolis, MI 49031

UTAH: Updates on our trip to the Fabulous Five National Parks of Utah plus Antelope Canyon will be presented at the lecture this Saturday. Also, for all those who signed up for Utah and plan to make monthly payments, the first payable will be **due this Saturday, January 11**. We need to hear from everyone who put deposit on this trip **by January 14**. Thank you for your anticipated cooperation.

T-SHIRTS: For those who ordered an A.T. shirt they are in and can be picked up this Saturday.

TRAINING PARTNERS: Please register online to keep getting training newsletters. Training newsletters will only go to the Utah trekkers and Training Partners starting in February.

