

CAIRN STONE NEWSLETTER

TO: Utah Trekkers and Training Partners

FROM: Coach Ron Gunn

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BEAUTIFUL BONUS HIKE AT RUSS FOREST!

RUSS FOREST We had a great turnout at our bonus hike on an all new all trail course. Everyone seemed to enjoy the course and said that it is a keeper. The weather cooperated with no rain or wind and pleasing temps for hiking. A big salute goes out to Scott Wyman and his staff for their outstanding help on the course set up. I also appreciated special treats from Virginia Golden, Thom & Beth Janssen and Jim D'Haenens. And as always the Jogpot was very generous in support of the park.

ALOHA WALK & RUN: We will have our traditional Aloha Walk and Run on New Year's morning again this year. It is our 41st orchestration of this event that allows people to start 2021 on a positive fitness note. Obviously there will be some adjustments to this event, including a social distancing start, new course options, and unfortunately no potluck this year. Also, this year voluntary donations will be directed to the St. Paul's Food Bank program. There is a heavy demand this year as many families are suffering. I hope that everyone will stop by during our two hour social distancing start. PLEASE READ THE ATTACHED FLYER CAREFULLY! *Aloha and Ahi Maluna!*

2021 SCHEDULE: Although we are living in very uncertain times I am very optimistic about 2021! I am working on a tentative hike schedule and it will be released soon.

Hang looseeverything's going to get better!

