

CAIRN STONE TRAINING NEWSLETTER

TO: Utah Trekkers & Training Partners
FROM: Coach Ron Gunn
DATE: July 26, 2020

574.215.4779

CAIRNSTONEADVENTURETOURS.COM



LOVE CREEK TREK CHALLENGES HIKERS!

LOVE CREEK: A good turnout enjoyed the beautiful trails of Love Creek on a warm, sunny day. The park rangers had the course in great shape and I appreciate the generous donations of everyone who paid their park fees to the Jog Pot. The rangers love having our group and our outstanding support!

STEVE'S RUN RETRO COURSE: I got a late start on this cool bonus hike but hopefully we will get a good turnout. I will be hosting a run/walk on the *Original and Genuine Steve's Run Road and Trail* course on this Saturday, August 1. The distances will be 5k and 10k and check in will be downtown Dowagiac at *Olympia Books* (Jeff Gunn, proprietor) across from *Fifth Third Bank* from 8:00AM to noon. Restrooms are available. I will have this iconic course, once voted one of one of the *Top Ten Vacation Races in the USA* by Runner Magazine, ready to go and completely marked, including *Fire Up* signs. Because of the staggered start there will be no traffic control but we will have two aid stations with 7 oz. bottled spring water, packaged Windmill cookies and music! And for people who want a little more distance I will have some options that will enhance your course. Dave Briegel (Steve's dad) will be present for this event.



DIRECTIONS: Olympia Books, 208 South Front Street, Dowagiac, MI 49047

STEVE'S RUN REGISTRATION: Our previously announced registration procedures for this hike have been modified because the *RunSignUp* registration for the SMC Steve's Run virtual event is closed. **I need T-shirt sizes by Tuesday, July 28.** Either **register online** at my website **or** if you mail the form below **call or email me by Tuesday.** There is no entry fee but we will accept donations to Steve's Run. I am offering every Cairn Stone trekker that participates a dynamite Cairn Stone Adventure Tours

UTAH 2021 ~ Grand Canyon 2022 ~ SCOTLAND 2023 tech shirt!

This will be a super cool shirt that you can pick up during your sign in on Saturday, August 1. I know that there are some fired up Cairn Stone alumni who already registered. I really appreciate that and I will have an extra shirt for you! [Coach Gunn, 574-215-4779 Ron@CairnStoneTours.com]

A BLAST FROM THE PAST!

----- CUT HERE -----

Count me/us in Coach Gunn! ___ of us will ___ run or ___ walk the original course on AUG 1, 2020.

NAME(s): _____ EMAIL: _____

(Check one) I/We are: ___ Utah Trekkers ___ 2020 Training Partners ___ Cairn Stone Alumni

MAIL TO: Ron Gunn, 142 Conifer Trail, Dowagiac, MI 49047 by July 28

OR Register Online: CairnStoneAdventureTours.com

CALL OR EMAIL Coach Gunn BY JULY 28 with your shirt (men's) size(s):

574-215-4779 Ron@CairnStoneTours.com

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SMC XC: I had an amazing thing happen to me this week and I would like to share it with you through the letter that I just wrote to our cross country alumni. HOLY SMACKERS!

TO: Southwestern Michigan College Cross Country Student-Athletes Alumni
FR: Coach Gunn
RE: Renewal of the Men's and Women's Intercollegiate Cross Country Program at SMC

It is with great pleasure and excitement that I inform our cross country student-athlete alumni that SMC is starting a cross country program again in the fall of 2021 after an absence of 25 years. Dave Briegel and I were called to a meeting at the college this past Wednesday on the pretense of meeting about Steve's Run. SMC President Joe Oldenwald and Board of Trustees Chairman Tom Jerdon then told us to brace ourselves and announced that the SMC Board of Trustees voted to start a men's and women's intercollegiate program in the NJCAA. That indeed blew us both away!

I am attempting to reach as many of our alumni as possible because I think that this is a huge compliment to them and our many achievements. And any help I can get spreading the word I would definitely appreciate. Based on past experience and SMC's wealth of attractions including a great education, the Roadrunner Trails, the SAC and beautiful dorms, the administration feels this addition will enhance the college and recruitment of students.

I plan to be all the help I can in setting up the program and locating a coach. I also hope to establish a homecoming where we can bring our alumni back to campus for a celebration. The administration is also planning a special display case in the SAC (Student Activities Center) featuring the trophies and plaques that our program gained.

I recommend this news release with more details and I look forward to being engaged with everyone soon. [<https://www.leaderpub.com/2020/07/22/smc-bringing-back-cross-country/>]

FIRE UP!



"I am very appreciative of SMC, the Dowagiac Parks Dept., the Dowagiac Elks Club, Olympia Books, and Thom Janssen for their fired up support of the Steve's Run Retro event."

Coach Gunn