

CAIRN STONE NEWSLETTER

TO: Cairn Stone Alumni
FROM: Coach Ron Gunn
DATE: November 11, 2021
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SANDHILL CRANE A BIG SUCCESS!

SANDHILL CRANE: Our Sandhill Crane Races turned out to be very successful as my *weather luck* once again held out despite dire warnings of rain. Many thanks to Cairn Stoners who ran or hiked and our volunteers Gary Kachur, Kathy Flynn, Marlene Kachur, John Lee, Jeff Gunn and Thom Janssen who helped stage a beautiful and successful event. Scott Wyman and Jay Wade of the Cass County Parks Department had the trails in great shape and the fires going! The Dowagiac Rotary Club raised significant funds for their community projects.



TURKEY TROT: The next running/hiking activity that I am offering is the *54th Annual All Trail Turkey Trot 10k, 5k and kids run*. This traditional event will be held at **1:00PM on Sunday, November 21** at the Dowagiac Middle School. A popular all trail course will be used and all finishers receive colorful long sleeve tech shirts. Complete details are attached. Volunteers are also needed and much appreciated. (Call me: 574.415.4779)

REFUNDS: After a chaotic year we are figuring refunds for those who dropped off the Utah trips. We appreciate your patience.

2022 SCHEDULE: I am *fired up* for our 2022 Training Schedule and the Grand Canyon trips! I am working on the schedule right now and hopefully will be able to incorporate our training lectures again and add back a couple of popular venues (Big Rock Valley and Swiss Valley) into the schedule. This schedule should be released in mid December.

HEALTH STATUS: For nearly 80 years I have flown underneath the radar as health and injuries are concerned. However, this year severe spinal stenosis (old football injury) and blood clots in my right leg have slowed me. I am having success treating the blood clots with blood thinner but unfortunately I have to postpone my spinal cord surgery. The swelling in my lower right leg has gone down significantly and I am hoping for surgery in December or January. I am truly thankful for everyone's understanding and support.

*"I am truly thankful for everyone's understanding and support.
My Cairn Stone family has been exceedingly wonderful
and they fire my fire for recovery!"*

Coach Gunn

