

CAIRN STONE NEWSLETTER

TO: Cairn Stone Keep Informed
FROM: Coach Ron Gunn
DATE: October 25, 2021
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CAIRN STONE HIKERS ARE TERRIFIC IN UTAH

UTAH: All three trips went extremely well! What wonderful groups of people! I am sure glad that we finally got to do our Utah trips. Everyone had a great attitude and were very helpful to me and my bad back. And your gifts and cards were very inspiring to me. I am glad I did it!

SET BACK: Upon arriving home from Utah I ended up in the emergency room with a swollen lower right leg and foot. I am now on blood thinner for a blood clot and I am very frustrated that my back surgery will be delayed. But I have had wonderful help in getting ready for the Sandhill Crane event which went very well on Sunday. The rain held off until almost all runners were in. Many thanks to Thom, Jay, Kathy, Marlene and Gary Kachur, and Scott Wyman.



"UTAH PARKS WERE TOUGH BUT OUR HIKERS WERE TOUGHER!"

Coach Gunn