

CAIRN STONE NEWSLETTER

TO: Cairn Stone Alumni
FROM: Coach Ron Gunn
DATE: December 28, 2021
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CAIRNSTONEADVENTURETOURS.COM



EXTRA CREDIT AT RUSS FOREST!

RUSS FOREST: We had a small but dedicated group of Cairn Stone hikers conquer the 7.0 miles of trails at Russ Forest. An overnight rain created some mud but our hardy hikers handled it with great attitudes and got in a good workout. Special thanks to Scott Wyman of the Cass County Parks for his excellent help and Cairn Stone vet Larry Lies who measured the course and took down signs. His GPS measured 6.9 miles with no leaves on the trees unlike when I measured it.

ALOHA HIKE REMINDER: Our 42nd Annual *Hawaiian Fantasy Run & Hike* (aka – *Aloha Run/Hike*) will take place on New Year's Day (Saturday) in Dowagiac with a social distance **start between 10:00AM and 10:30AM**. We will start and finish at St. Paul's Church and feature distances are 7.7, 5.2 and 3.2 miles with a 10.0 mile extra credit option. **The weather looks good** for our street and trails course with no snow foretasted until possibly Saturday morning. If it snows then it is a blessing because a light layer of fresh powder on the trails makes for a beautiful course.



The restrooms at the church will be open and everyone is asked to **wear a mask at registration**.

NO POTLUCK: Unfortunately we will not have our potluck following the hike because of COVID protocol but our *Aid Station Ace* Gary Kachur will have his always awesome aid station outside the church at the finish.

REHYDRATION STATIONS: For those who wish to rehydrate my suggestions are: The Wounded Minnow (downtown Dowagiac), Lindy's Restaurant (Lake LaGrange) or the Indian Lake Pub (Indian Lake). I know these restaurants will be open on New Year's Day.

See attached *Aloha* flier for complete details of this crackerjack way to kick off 2022!



"As a coach I care less about your potential and more about what you do with it.
The world is full of underachievers. Don't waste your gift."

Coach Matt Lisle