

CAIRN STONE NEWSLETTER

TO: Utah Trekkers and Training Partners
FROM: Coach Ron Gunn
DATE: January 13, 2021
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CAIRNSTONEADVENTURETOURS.COM



GOOD HEARTS AND POSITIVE ATTITUDES AT ALOHA!

ALOHA WALK Despite bad weather warnings we had a good turnout of over 40 show up. The weather actually held for New Year's day but was a winter wonderland for the Saturday trek that I added. Everyone had a positive attitude and good heart as we raised a much needed \$610 for the St. Paul's food bank! Special thanks to Jay Crouch, Larry Lies and Rob Riley who did great marking the course as I rested my bad back. Also praise goes to Don and Cyndi McCay, Daryl Boughton, Ray Klomes and Tom Atkinson who came to my rescue when I got my Jeep stuck on the trails. We were able to use the trails and I am going to save the *Grand Dowagiac Sculpture and Mansion* tour for a later date.

MORRIS FARMS, NILES: Our first 2021 training hike is re-located to the **Niles YMCA** on this **Saturday, January 16**. A social distance start will begin at **9:00AM and will run to 10:30AM**. The restrooms will be available. Courses of 8.2, 7.2, and 2.9 will be available on this scenic mostly bucolic course. Please come dressed in layers for cold weather including cleats (perhaps Yaktrax) and trekking poles. A potential bonus for this hike will be the possibility of an unofficial ice sculpture display and also the presence of NODE (Niles Outdoor Dining Experience). I will have more info on this at check in. [NOTE FOR ROOKIES & GUESTS] Everyone must sign in and out on the log sheets available at check in so we can keep track of everyone for your safety. If your name is not on a log sheet write it in and contact Thom@CairnStoneTours.com *Thank you.*]

DIRECTIONS: Niles-Buchanan YMCA, 905 North Front St, Niles, MI 49120 (Please park in the far lot so we don't wear out our welcome. *Thank you!*)

2021 TRAINING SCHEDULE: Everyone should have received the 2021 hike training schedule sent out last month. If you missed it or need to find it quickly it is available on my website on the NEWSLETTERS page. This schedule is tentative and may be adjusted periodically as circumstances change. Always check the training newsletter you will receive a few days prior to each hike for changes and updates. [**Online payment options now available on website**]

