



# CAIRN STONE 2025 NEWSLETTER



**TO:** CAIRN STONE ALUMNI & KEEP INFORMED LIST  
**FROM:** COACH RON GUNN  
**DATE:** February 5, 2025  
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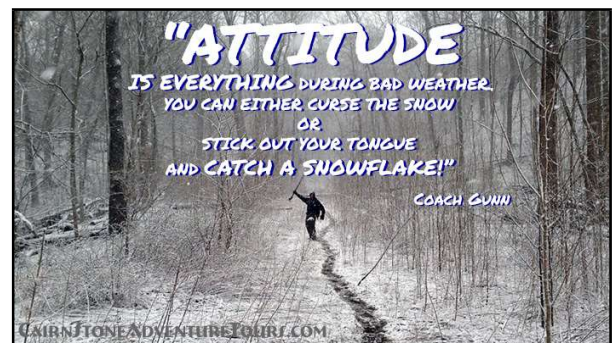
## LOTS OF EXTRA CREDIT AT GRAND MERE!

**GRAND MERE:** Wow! What a great turnout! Never underestimate the grit and *can do* attitude of our Cairn Stone hikers! With the challenges of hiking in Scotland coming up as a coach I felt that it was important to get in a workout that would stretch the cardiac muscle. Mission accomplished! Outstanding help for this hike included Dave and Karen Laetz, Jon Veersma, Cheryl Schaefer and Gary Kachur. Also providing support were Susan Veersma, Thom Janssen and Rhonda Kuntz. The Jog Pot was great and very helpful. Thanks!

**ROADRUNNER TRAILS:** Our next training hike will be this Saturday, February 8 on Roadrunner Trails starting at the **Dowagiac Elks Lodge at 9:00AM**. Courses include distances of 17.2, 10.2, 7.5 and 5.5 miles. Our rehydration station will be the *Oak and Ash* restaurant in downtown Dowagiac.

**DIRECTIONS:** Elks Lodge, 300 Riverside Drive, Dowagiac, MI (corner of Riverside Dr. and Hill St.)

**REHYDRATION:** *Oak and Ash*, 109 S. Front Street, Dowagiac, MI (SE corner by stoplight near Shell station. Park in rear).



**2025 THISTLE TREKKERS: IMPORTANT – To travel you must have a UK ETA** (Electronic Travel Authorization) in addition to your passport valid for 6 months or more. Go to our **Scotland web page** for instructions [In the menu under *Hiking Tours*] **Please let Thom know** after you complete your ETA. Also review all the notes on the **Travel Tips** page to help prepare for travel to Scotland.