

TO: Training Partners
FROM: Coach Gunn
DATE: February 4, 2026
574.215.4779

Ron@CairnStoneTours.com



BINGO! POPPYCOCK!

ELKS: Our last scheduled hike was canceled because of severe weather conditions. I appreciate everyone's cooperation and understanding. We had a good turnout for the Pacific Northwest trip orientation both at the Elks and on Zoom. I really appreciate the help of Thom Janssen and Ray Klomes. My *Bingo* comment refers to our group's positive attitude and *Poppycock* refers to my coaching point that there is *no bad weather - just bad dress*. That really is not always true.

NILES: VENUE CHANGE. Our next training hike location **has been switched** to our traditional urban hike in Niles. This course takes you through the beautiful *Morris Farms* area. This is an excellent bad weather and trail conditions alternative course on less traveled roads. Courses of 5.5, 7.7, and 8.7 miles and an extra credit 10.8 mile option will be set up. We will meet and start at the *Iron Shoe* restaurant with a short **course briefing at 10:00AM**. Their restrooms will be available. It is **important** that you do not park in front of the restaurant so as not to block customers that will arrive while you are hiking. Thank you Jay and Kathy Crouch for helping to set up the course. They have advised me that the *Hunter Ice Festival* sculptures are still in good shape and we should be able to enjoy them as a bonus treat!

DIRECTIONS: Iron Shoe, 3 N. 3rd St., Niles, MI (Corner of 3rd & Broadway)

PARKING: Along 3rd, along Broadway & at nearby Hardings parking lot.

REHYDRATION: The award winning, Iron Shoe Distillery and Restaurant.

Attached is a revised training schedule. Please review it carefully and note the changes. Your course map will be emailed on Friday.

