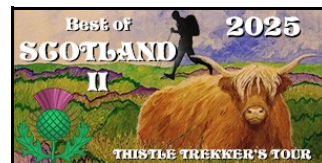




## CAIRN STONE 2025 NEWSLETTER



TO: CAIRN STONE ALUMNI & KEEP INFORMED LIST  
FROM: COACH RON GUNN  
DATE: January 9, 2025  
574.215.4779

Ron@CairnStoneTours.com

### ALOOOOOOHA!



**ALOHA:** A small but spirited group of 52 wonderfully demonstrated the loving spirit of Aloha in our annual kickoff for physical and spiritual fitness. The course was in great shape and the fellowship at the Elk's potluck was enriching. Special thanks go to Gary and Marlene Kachur, Flo Sasaki, Larry and Terri Lies, and Jay and Kate Crouch. Matt Stack cleared some trees from the course. Ray Klomes was a super host at the Elks lodge. With a boost from Cairn Stone Tours our hikers raised \$403 for the Veteran's fund. Mahalo! P.S. - Gary did a super job with my *Sloppy Ron's* recipe.



**LOVE CREEK:** Our kickoff hike for the 2025 training program will be this **Saturday, January 11 at Love Creek County Park** near Berrien Springs. At **9:00AM** I will have a lecture for our rookies including proper equipment. At 9:30AM I will have an update on our Spring trip to Scotland and our Fall Up North trip, the *Grand Tour of the Upper Peninsula*. At 9:40AM we will have a course briefing and conduct hikes ranging from 5.1 to 16.0 miles. There is an 80% chance that we will hike the trails pending snowfall. Please *hang loose* and I plan to confirm the hiking site when Thom sends out the course map on Friday. Also, please **no cleats in the lodge** at Love Creek.

**DIRECTIONS:** 9292 Huckleberry Rd., Berrien Center, MI [Driving map link in the email]

**REHYDRATION:** Our rehydration station is the Indian Lake Pub (just 11 minutes from our hike).

**2025 HIKE SCHEDULE:** The tentative 2025 Hike Training Schedule was sent out previously and is available on my website on the *Newsletters* page. [In the menu under *Hike Training*]

**EMAILS:** By February 1 we will send these training emails **only to those registered** on one of the trips or as a *Training Partner*. **Register before February 1.** [In the menu under *Other is Sign Ups*]

*"Rob Riley kicked everything off with a masterful toot on the Conch Shell."*

Coach Gunn

[Trip Openings: Contact Thom by email or call (Thom@CairnStoneTours.com or 269.462.0683)]