

CAIRN STONE

2024 NEWSLETTER

TO: CAIRN STONE ALUMNI & KEEP INFORMED LIST
FROM: COACH RON GUNN
DATE: December 29, 2024

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GREAT HUSTLE AT LOVE CREEK!

LOVE CREEK: Over 70 Cairn Stone trekkers enjoyed the beautiful trails of Love Creek Park. This was a bonus as we usually hit the roads this time of year. Special thanks to David Dits and Marty & Kathy Flynn for their great help on setting up the course. The staff at Love Creek were very happy with our Jog Pot support!

ALOHA HIKE & RUN: Our next activity will be the *Aloha Fantasy Walk and Run* on New Year's morning. We will start with the traditional conch shell toot at **10:00AM at the Elks Club in Dowagiac**. Distances will be 4.5, 7.1 and 8.0 miles on *Roadrunner Trails*. For those who are good map readers you may opt for an alternate urban hike on the beautiful *Hike the Jack* course. This course tours the beautiful sculptures and mansions of Dowagiac but will not be marked due to the lack of snow.

Optionally we will have our traditional **potluck and fellowship at 12:30PM**. Gary will prepare his world famous *Sloppy Rons* from his secret recipe. Please bring a dish to pass and there will be a cash bar available. The Jog Pot donations will all go to the *Elks Veterans Fund*. Your support is appreciated as the Elks are tremendous boosters of Cairn Stone! **[Details in attached flyer]**

DIRECTIONS: Elks Club, corner of Hill St. & Riverside Dr. [Driving map link in the email]

UP NORTH 2025: We are working hard to complete the pricing and hope to have it available at the January 11 Love Creek hike and soon after will open the trips for assignments.

2025 HIKE SCHEDULE: The tentative 2025 Hike Training Schedule is attached and available on my website on the *Newsletters* page.

HIKE TRAINING: Two trip teams are training in 2025 and with different peak training goals. The Scotland team must peak in March and the Up North team in August. Up North trekkers trip package includes all training hikes in 2025. Scotland trekkers trip package includes training hikes January 2024 through March 2025. Starting in May you will need to either be an Up North trekker or a Training Partner. Training Partners are those not on one of the trips but wish to participate in the local hikes and training.

MOVIE RECOMMENDATION: This weekend I saw a trailer for *The Salt Path* coming out soon. I am anxious to see it and I think our group may enjoy it. [Link to trailer in the email]

SCOTLAND 2025: NOTE: The interactive itinerary for the April Scotland trips has been updated on the website.

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

