

TO: Cairn Stone Utah Trekkers & Training Partners
FR: Coach Gunn
RE: Up Coming Utah Trips and Training Schedule
DT: April 28, 2020

This is a very unsettling and challenging time and it is going to result in a change in our original schedules. As tough as it is to postpone our Utah adventures, I feel it is in our best interests, especially for our *chronologically enhanced* members. I am going to push all trips back one year from our original dates. I feel it will be the safest and most practical move. I do not want to travel with 50 plus people without having a proven vaccine. I have been following medical experts progress carefully and it looks like a safe, effective vaccine could be available to the general public by mid spring next year. This projection certainly gives us a good buffer for our fall trips. Leaving in September also makes it much better for me logistically to work with the airlines, lodging sites and ground transportation. Our commitment will be much firmer in September than in May, 2021.

I have attached revised itineraries for all three Utah trips. These plans are tentative, especially the air travel, as I will have to work through the re-booking of all activities. If there is a way to save money I will end apply the credit to your last payment.

Our training schedule will be adjusted also. I will reduce the maximum distances to a maintenance level of 10-12 miles with an occasional spike for those who want it. I would like to replace Devil's Lake with a 19 mile hike at Jordan River Valley and I would still like to do a 21 miler at Manistee for those interested. As always I will have a variety of course lengths available to suit everyone's needs. I value the contribution of our Training Partners. As travel restrictions loosen I would like to do hikes at Indiana Dunes, Pokagon State Park, Saugatuck State Park and perhaps even Starved Rock State Park in Illinois. Again, I welcome any input and I also greatly appreciate your willingness to hang loose. I will work very hard to keep you motivated and that will include some bonus hikes. The 2021 schedule will include TEST HIKES at Devil's Lake, WI and Manistee River Valley.

It would help me and my staff if all Utah Trekkers continued to make their payments if able. For those who are experiencing employment problems I will work with you. I plan to make optional the \$100 Training Partner fee for all Utah Trekkers for the 2021 hiking season.

There is also a slight adjustment for the dates for the second and third Utah trips. I did this so that we can keep the same bus driver for all three trips and that I can be present for all of our activities. This notice is 1 ½ years in advance and hopefully everyone can make the adjustment. I also plan to buy everyone a steak, chicken or vegetarian dinner at the *Cowboy Ranch House Restaurant* during our stay at the *Bryce Canyon Resort* with the funds saved from this adjustment.

It would also be helpful if everyone who paid into Devil's Lake could wait until our June 2021 trip. If not, I will refund you 100% as I really appreciate the awesome support that we had for this TEST HIKE trip.

I am so impressed with the attitude of the Cairn Stone family during this crisis. We indeed are an *Ohana*, the Hawaiian word for family. And our experience is far more than just a physical activity of walking. It is a holistic experience that involves positive social, mental, emotional and sometimes spiritual experiences. I cherish this *Ohana* and it is a very important part of my life. I am living the dream with you people! I appreciate your understanding, sacrifice and resilience during this time. Like all great athletes, we must treat this as *injury* and have the patience to recover. September and October 2021 will come! And so will the Grand Canyon in 2022 and Scotland in 2023. We have a lot to live for! FIRE UP and BE SMART – BE SAFE and BE WELL!