



CAIRN STONE TEAM NEWSLETTER



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January 10-11

THE SPIRIT OF ALOHA OVERFLOWS!

ALOHA RUN/WALK: We had 70 fired up runners and hikers kick off the New Year on a fit and well note. The weather cooperated and we were able to use our trail course to stage this fantasy run through Hawaii. And the Aloha Spirit prevails as the participants contributed \$604 to the St. Paul's Haitian food program. *Mahalo* to all who supported this activity and special thanks to Whitney, Meagan and Biggie.

TRIP INFORMATION MEETINGS: Grand Canyon and Hawaii – see schedule below.

ROADRUNNER TRAILS: I will conduct a 6 mile hike on the *Roadrunner Trails* on **Saturday January 15th at 10:00AM at the SMC Dowagiac Campus**. If the weather prohibits hiking on the trails, I will arrange for an alternate course on the quiet roads surrounding SMC. We will start at the O'Leary Building that is just off the north parking lot at the Cherry Grove entrance. There will be a **Grand Canyon Information Meeting at 9:00AM** in the O'Leary Building prior to our hike. [\[MAPS\]](#)

LIVERY LAKESHORE URBAN TREK: Everyone is invited to a fun training opportunity **Saturday, January 29th at The Livery Microbrewery** in the new Arts District in downtown Benton Harbor. There will be no lecture and we will have **7.8 and 4.0 mile run/hikes** starting at **10:00AM**. Please hang loose as the weather could be very challenging. It would be best to bring trekking poles if a lot of snow is present. Also, plan to stay afterward to rehydrate at this wonderful brew pub. [\[MAPS\]](#)

INFORMATION SESSIONS [\[MAPS\]](#)

Best of the West, Grand Canyon VIII

JANUARY 12 (WED): [\[INFO MTG\]](#) **6:00PM** at Memorial Health & Lifestyle Fitness Center in South Bend. (Use the parking garage, enter at third floor, ask at the desk for the *Coach Ron Gunn meeting*.)

JANUARY 15 (SAT): [\[INFO & 1ST HIKE\]](#) **9:00AM** at SMC Dowagiac Campus O'Leary Building. (This presentation is for everyone interested in either the trip to the Grand Canyon and/or the hike training. It will be followed by team *Mountain Sheep's* first training hike at 10:00AM.)

Best of Hawaii IX, & Honolulu Marathon

JANUARY 18 (TUE): [\[INFO MTG\]](#) **6:00PM** at SMC Niles Campus (This presentation is for everyone interested in either the Hawaii trip and/or the marathon training.)

FEBRUARY 26 (SAT): [\[INFO & GC HIKE\]](#) **9:00AM** at the Love Creek Park Lodge in Berrien Center, MI (This presentation is for everyone interested in either the Hawaii trip and/or the marathon training. Team *Mountain Sheep* will meet at 10:00AM for the lecture prior to a 10 mile hike at 10:30AM.)

MARCH 26 (SAT): [\[INFO & 1ST RUN\]](#) **10:00AM** at the [Love Creek Park Lodge](#) in Berrien Center, MI (This presentation is for everyone interested in either the Hawaii trip and/or the marathon training. Team *Dolphin* will have their first training run.)

DIRECTIONS: Love Creek Park is located at 9228 Huckleberry Road, Berrien Center, MI 49102. The park fee per car is \$5. You may want to be *green* and car pool to save gas and \$\$\$\$. The *Jog Pot* will be set up for your donation to the park. [\[MAPS\]](#)

“You can either curse the snow or stick out your tongue to catch a snowflake!”

Coach Gunn