



CAIRN STONE NEWSLETTER



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TO: Cairn Stone Travelers & Training Partners

FROM: Coach Gunn

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Year 7, ISSUE 2

March 3, 2010



GREAT HUSTLE AT NILES!

NILES MORRIS FARMS: Despite some slippery conditions our large crew of 81 Mountain Sheep, Highlanders, Orcas, and Training Partners did well. Our distances hiked ranged from 4 to 9.2 miles as all signed out but one. I tracked him down in a local pub and he promised to never leave again without signing out! Special thanks to Thom and Whitney.

LOVE CREEK: Our next training session will be at **Love Creek County Park** on **Saturday, March 6th starting at 10:00AM**. The lecture will cover **Trekking Poles and Strength Training** presented by Grand Canyon veterans Marlin Schmidt and Greg Bennett respectively. Mike Accoe and Justin Flagel will also give updates on cell phones in Scotland and two way radios while hiking [we will use **channel 7**]. If you have one please bring it to the hikes. As the hikes get longer they will become more useful and it is good preparation for the longer hikes on our trips. Last year the two way radios proved their worth in the Canyon.

Start Hiking at 10:30AM, with hike options ranging from 4 to 10 miles (1hr 20 to 3hr 20min HOF). Both Justin and Thom can advise hikers of the routes they should take if they want to go less than 10 miles.

We will utilize the beautiful trails within the park if the weather cooperates. If it doesn't we will take to the quite charming roads surrounding Love Creek park. I will be in Florida on my annual Spring Break trip with students but Justin Flagel will do his usual fine job of setting up this course.

Park Fees: We will have a Jog Pot to collect the park fee of \$5 per vehicle (\$3 for Berrien County residents). This helps the park and our good reputation with them.

TRIP PROTECTION INSURANCE: I will have Trip Protection Insurance forms available as a courtesy at our next training session. Compare plans at this [web site](#) and to purchase the protection you desire. [Plans include: trip cancellation, baggage loss, medical costs and AD&D.]



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SCOTLAND CHECKLIST: The Highlanders trip across the Atlantic pond is just around the corner. It is important that any Highlanders who missed the last lecture check the *Coaching Section* for the *Scotland Adventure Hikes Checklist*. This is good information to have prior to the trip. Power adapters for the United Kingdom can be purchased at Radio Shack for sure and other places I have yet to verify.

BEAUTIFUL GIFT: The best thing about being involved with Cairn Stone is not the free trips I get to take. The best thing is the beautiful people I get to work with. My life has been super enhanced by all of the people in the program. The latest example is the beautiful painting that Grand Canyon veteran Bob Williams presented me last week after the second lecture. It is a painting of my favorite trail in Cass County, Pine Ridge Draw. It will be on display at Love Creek Park for everyone to enjoy on Saturday.

CUBBIE HIKES: My Cubbie hike fliers for 2010 are attached. As always Cairn Stone people will have the first shot at these day trips before I advertise to the public. Can you believe the Angels, the Phillies and the Cards! [[Cub Trips](#)]

June 18 LA Angels ~ July 16 Philly's ~ July 23 Cardinals

DIRECTIONS: 9228 Huckleberry Road, Berrien Center, MI 49102 [[MAPS](#)]



THOM'S INFORMATION TIPS:

Web Tips: Cairn Stone [MAPS](#) page - Some maps include additional locations . Example: The *SMC Dowagiac Campus* map also identifies all buildings on campus and some local restaurants favored by Coach Gunn and veteran hikers. Also look for other links on the *MAPS* page. The link(s) to the right of the first link are for additional park info or a favored nearby restaurant.

Turn off your Pop Up Blocker if links do not work or hold down the **Ctrl** key while clicking on the link. This disables the blocker temporarily.

Hike Preview: Curious about the next hike location? Check out the [Training Hikes](#) page of the *Photo Gallery* for pictures taken on the trails at many of our hike locations.

Lending Library: DVD's are available at each hike (near the sign in sheet) to borrow and return at the next hike. The [Covert Bailey](#) disks have essential nutritional information and are entertaining.

“It is not the will to win that is important - it is the will to PREPARE to win that is”
Coach Robert Knight