



# CAIRN STONE ADVENTURE TOURS



TO: Running and Hiking Friends  
FROM: Coach Gunn

574.215.4779

[CairnStoneAdventureTours.com](http://CairnStoneAdventureTours.com)

[rongunn3@frontier.com](mailto:rongunn3@frontier.com)

Year 8

December 8, 2010

## CAIRN STONE GEARS UP FOR 2011!

**ALOHA RUN/WALK: JAN 1<sup>st</sup>** – This is a great way to start out the New Year on a fit and well note. Also, an optional pot luck lunch will be held after our run/walk. I look forward to enjoying the fellowship of our Cairn Stone Alumni and all of my Running and Hiking Friends. [See attached flier for details]

**BEST OF THE WEST VIII:** I am very excited about returning to the world's top destination – The Grand Canyon – for the 8<sup>th</sup> straight year. See the attached *Trip Description* for details and please note the schedule of Information Meetings on page 3. Our first meeting was canceled due to weather but our next meeting is Thursday December 9<sup>th</sup> in room 215 on the SMC Niles campus. Tell your friends!



### **BEST OF HAWAII IX; 3 ISLAND TOUR and OPTIONAL HONOLULU MARATHON & 10K:**

I am eagerly awaiting my 9<sup>th</sup> trip to paradise in December 2011 and enjoying the best of the Big Island Hawaii, Oahu, and Maui. Details will be available by early January.



**SHAPE UP PROGRAM:** I will again be conducting this popular program on Monday evenings starting early January. This 35 day program really works and you will look and feel much better by Spring. [[SMC ceu](#) link, then click *Enrichment Credit Courses*]

**BUDGET KEY WEST & SOUTH BEACH:** This is unusual but there are a few openings this spring on my student trip to Key West and South Beach with a stop in the Everglades for a really cool hike. It is an eight day trip and we fly down to Ft. Lauderdale on Saturday March 5<sup>th</sup> and return Sunday March 13<sup>th</sup>. The cost is \$860 per person and includes flights, ground transportation, lodging, super hikes and even Ron Gunn's pasta with Vodka sauce dinner at the motel's tiki hut. For more information contact me at 269-782-1209 or [rgunn@swmich.edu](mailto:rgunn@swmich.edu) Remember – *What happens in Key West stays in Key West!*

**TRAINING PARTNERS 2011:** As in the past I will be offering a 9 month training hikes program for friends who enjoy the training hikes but do not want to go to the Grand Canyon this coming year. See the attached schedule for details and note that we start training in January this year.

**MARATHON TRAINING:** I am also developing a marathon training program for a fall 2011 marathon and that schedule will be available by early January.

**THREE YEAR TRIP PLAN:** I've got some good ways for you to spend your money by joining me on some great adventures during the next three years. Check out my [web site](#) for my projected hiking odysseys in familiar places and to new places from my dream list. [NOTE: A Google or other search for Coach Gunn is a quick way to the Cairn Stone web site]

*YOU KNOW I WILL GIVE YOU A BIG BANG FOR YOUR BUCK!*

**“I Have Never Met A Trail I Didn't Like!”**

Coach Gunn