



CAIRN STONE TEAMS NEWSLETTER

TO: Mountain Sheep and Training Partners
FROM: Coach Ron Gunn

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SENSATIONAL SUNGLASS HIKE AT ST. JOE!

THE LIVERY: Wow! What a beautiful day to do this hike. Nothing but blue sky, white powder, and no wind to make this a really cool urban beach hike. We had a great turnout and a fun post hike rehydration party at the Livery. Marty Armstrong even showed up with his bad jokes but made up for it by buying me lunch. Great attitude by everybody! And special thanks to Mike Gardner of the Livery and Jerry for his help on the aid. Also thanks to all who patronized The Livery.

HIKES AT MORRIS FARMS: Our next training hike will be on **Saturday, February 7th** at the **Niles YMCA**. A very important lecture on proper equipment and my progressive overload training system **will start at 8:00AM, not 9:00AM as originally listed** (there is a room conflict at 9:00AM). At 9:00AM we will have hikes ranging from 3 to 8 miles on the charming roads of the Morris Farms area west of Niles. Please don't buy any equipment until after this lecture. You will be fine with the shoes and equipment that you have now.



CUBS – CUBS - CUBS: I am excited about our three trips to Wrigley Field this year and the Chicago Lakefront hikes. The Reds, Tigers and Diamondbacks better watch out because this is the year that the *Curse of the Billy Goat* will be broken! Info on all three games is attached.

GRAND CANYON IX INFO SESSIONS: Just a reminder that we have one last information session coming up. Invite your friends. I really appreciate your referrals!

- **FEB 25 (SAT) 9:00AM** Love Creek County Park, with 10:00AM training hike option
[TRIP DESCRIPTION](#) [VIDEO PREVIEW](#) [SIGNUP FORM](#)

DIRECTIONS: Link to the Cairn Stone maps page for all driving directions and campus layout [[MAPS](#)]
[Love Creek County Park & Nature Center](#), 9292 Huckleberry Road, Berrien Center, MI
JOG POT - PARK FEE: \$5/vehicle park fee (\$3 for Berrien County residents)

“The greatest discovery of any generation is that a human being can alter his life by altering his attitude.”

William James