



CAIRN STONE TEAMS NEWSLETTER

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

574.215.4779

CairnStoneAdventureTours.com

Ron@CairnStoneTours.com

January 18, 2012

18 FRIGGIN' DEGREES...YOU GUYS ARE AWESOME!



SMC PEAVINE: We had 28 fired up hikers show for orientation and a hike on this past Saturday at SMC. I am very pleased with our blend of veterans and fired up rookies for our program this year. The hike actually ended up very good as there was little wind and our smartly dressed crew finished well. Special thanks to Gary & Marlene Kachur, Jerry McCarty and Thom Janssen.

THE LIVERY: Our next training hike will be this **Saturday, January 21st. At 10:00AM** we will meet at the [Livery Brew Pub](#) in the [Arts District](#) of downtown Benton Harbor. There will be no lecture. This is a wonderful optional hike with distances ranging from 3 to 7.8 miles. The course meanders through St. Joseph and Benton Harbor along the lake shore and through several parks and near the new world class golf course at [Harbor Shores](#). Bring trekking poles and attachable mini cleats as there will likely be some ice and snow on the course. We will rehydrate at the Livery following the hike. Michael Gardner will take good care of us at this cool spot. This is a great opportunity for the rookies to get to know some of our veterans.

HOLY TOLEDO: This popular long weekend hiking trip is scheduled for **June 29th** through July 1st this year. The trails in the Metro Parks are among the best in the nation. Complete info is in the attached flier.

GRAND CANYON IX INFO SESSIONS: Our final two information sessions are:

- **JAN 25 (WED) 6:00PM** SMC Niles Campus main entrance
- **FEB 25 (SAT) 9:00AM** Love Creek County Park, with 10:00AM training hike option

DIRECTIONS: Link to the Cairn Stone maps page w driving directions to all meetings & hikes [\[MAPS\]](#)

SMC Niles campus is located at the intersection of US12 and M60. Main entrance, look for signs.
Love Creek County Park, 9292 Huckleberry Road, Berrien Center, MI, meet in Nature Center

**“IT IS ALL A MATTER OF ATTITUDE WHEN IT COMES TO WINTER WEATHER.
YOU CAN CURSE THE COLD OR YOU CAN STICK YOUR TONGUE OUT
AND CATCH A SNOWFLAKE!”**

Coach Gunn