



# CAIRN STONE TEAMS NEWSLETTER

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

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## THERE IS NO SUCH THING AS BAD WEATHER

**ALOHA RUN:** We had 43 intrepid souls show up in very threatening weather circumstances. The weather actually held off and all participants were able to enjoy the course and some beautiful trails before a wonderful potluck. Special thanks to Gary and Marlene Kachur, Emily Sossoman, Cindy Scharmach (she also gets brownie points for attending church) and Thom Janssen. We raised \$155 for the Haitian Food Program. *Merci Beaucoup!*



**ROADRUNNER TRAILS:** Our first training session of the 2012 season will be Saturday, January 14<sup>th</sup> at Southwestern Michigan - College Dowagiac Campus. At 9:00AM an information and orientation program on the Grand Canyon IX trip will be presented. Following at 10:00AM will be training hikes ranging from 3 to 7 miles on the Roadrunner Trails, weather permitting. If we are snowed out of the trails we will use my alternate course.

**SHAPE UP:** For those Cairn Stone Alumni who couldn't attend our initial Shape Up meeting this past Monday, I have scheduled another orientation at 7:45AM this Saturday before our Grand Canyon information session. I will have materials on this excellent program for anyone interested in becoming a *lean, mean hiking machine* or just learning more about the program.

**GRAND CANYON IX INFO SESSIONS:** Just a reminder that we have three information sessions coming up. I really appreciate your referrals!

- JAN 11 (WED) 6:00PM Memorial Health and Lifestyle Center, downtown South Bend.
- JAN 14 (SAT) 9:00AM SMC Dowagiac Campus, Lyons Bldg. RM 141  
Plus an optional 2 – 7 mile hike at 10:00AM
- JAN 25 (WED) 6:00PM SMC Niles Campus main entrance

**DIRECTIONS:** Link to the Cairn Stone maps page for all driving directions and campus layout [[MAPS](#)]

SMC Dowagiac Campus – use the Cherry Grove East entrance.

Memorial Health & Lifestyle Center, 111 W Jefferson Blvd, South Bend, IN – Park free in garage, enter on 3<sup>rd</sup> floor, at the desk, ask for the Coach Gunn meeting.

SMC Niles campus is located at the intersection of US12 and M60. Main entrance, look for signs.

**“THERE IS NO SUCH THING AS BAD WEATHER, JUST BAD DRESS!”**