

**DATE:** April 24, 2009  
**TO:** Running, Walking & Trekking Friends  
**FROM:** Coach Gunn  
**RE:** Adventure Update

**SCOTLAND MAY 2010:** This really is going to happen and I couldn't be more fired up! The trip is set for next spring and a tentative itinerary is attached. I am hoping for an 11 day trip with a cost around \$2300 – \$2600. I am busy getting bids out to the airlines, motor coach companies, and neat Scottish hotels. This is truly a charming and captivating country to hike and I believe that I have picked the best places to see and trek. There will be something for everyone from the casual stroller to the experienced wilderness hiker. And there will be a training program to get you ready for the non stop beauty of the Highlands.



**CUBS DAY TRIPS:** I have organized two bus trips to Wrigley Field this summer. They are on **June 19** (Indians) and **July 28** (Astros). And of course we will have the optional run/walk along the beautiful Chicago lakefront to Wrigleyville. Applications are attached. *GO CUBS!* And how about #16... *Ramirez is the man!*

**DEVIL'S LAKE WEEKEND TRIP:** This favorite trip will take place **May 29 – 31** and in addition to our fired up Grand Canyon VI team, I expect several Grand Canyon alumni and *Monday Nighters* to join us. Devil's Lake and Madison are a super destination on their own!



**2 SEATS AVAILABLE - BEST OF THE WEST GRAND CANYON VI:** This trip had filled early again this year, however we have had two seats open for this **9 day adventure (SEP 26 – OCT 4)**. This is an opportunity to get onboard to see what I truly feel is the

*Best of the West:* Sedona, Grand Canyon South Rim and North Rim, Bryce Canyon and Zion National Park. This trip will be enjoyed by strollers and extreme hikers alike. *First come, first served.*

**APR27 ~ EARTH WALK:** I am organizing a walk to pick up trash along the roads surrounding Swiss Valley. This will take place this coming **Monday, April 27**. If interested please meet at the Swiss Valley Ski Lodge between 5 – 6 PM. I will have trash bags and at 7:30 PM I am treating all volunteers to Saylor's Pizza whole grain crust pizza and a variety of beverages. I have arranged for a waiver of the usual parking fee. For planning purposes please confirm at 574-215-4779 or [rorgunn3@verizon.net](mailto:rorgunn3@verizon.net).

**JUN5-7 ~ HOLY TOLEDO WEEKEND TRIP:** We do this trip to the beautiful Metro Parks of greater Toledo every other year and this is the year! Great hikes, great food, great fellowship. This year's trip is **June 5 – 7**.

**JUL25 ~ STEVE'S RUN 5K/10K:** The 35<sup>th</sup> running of the Original and Genuine Road & Trail Race will be **July 25** this year. This event is my passion and my friends have been terrific about supporting it. *FIRE UP FOR THE TRAILS!*

**OCT10 ~ SANDHILL CRANE HALF MARATHON:** The 2<sup>nd</sup> Annual all trail 1/2 marathon and 10K will take place on **Saturday, October 10** on the beautiful trails of Lawless Park.

**NOV23 ~ TURKEY TROT 5K/8K:** The Annual Southwestern Michigan College Turkey Trot 8K and 5K will be staged on **Monday, November 23<sup>rd</sup>** on the beautiful Roadrunner Trails.

**JUN-SEP ~ EXTREME SPORTS:** I have a dynamite schedule of SMC Extreme Sports offerings lined up for this summer and fall. I listed them below and if you are interested please contact me at [rgunn@swmich.edu](mailto:rgunn@swmich.edu) or 269-782-1209.

Whitewater Rafting	JUN 12 – 14	(West Virginia)
Rock Climbing	JUN 12 – 14	(West Virginia)
Wilderness Day Hikes	JUN 12 – 14	(West Virginia)
Distance Running	JUN 1, 8, 15, 22, 29, & JUL 25	(SMC)
Sea Kayaking	AUG 7 – 9	(Pictured Rocks)
Wilderness Day Hikes	AUG 7 – 9	(Pictured Rocks)
Whitewater Rafting	SEP 18 – 20	(West Virginia)
Rock Climbing	SEP 18 – 20	(West Virginia)
Wilderness Day Hikes	SEP 18 – 20	(West Virginia)

**MORE INFO:** Check my web site for more information on these and future trips in the *Trips and Events* section. Here's a quick link: [CairnStoneAdventureTours.com](http://CairnStoneAdventureTours.com)