

TO: Cairn Stone Travelers and Training Partners
FROM: Thom Janssen, Cairn Stone Communicator and fellow hiker
SUBJECT: Where and How to find information

Lectures: Attend Coach Gunn's lectures. There is no substitute for his one on one coaching.

Training Material: The web site material is intended to supplement and not replace the lectures.

Errors: Please email me with any errors for correction as soon as you notice them.

Newsletters: Please read them. There may be last minute changes to our meeting place or time. Expect a Newsletter on Wednesday before each training hike. [[NEWSLETTER ARCHIVE](#)]

Coaching Questions: All coaching questions go to Coach Gunn.

Money Questions: All money and account balance questions go to Coach Gunn. [[PAYMENTS PAGE](#)]

Schedule Questions: I can answer many of these and will forward any I can't to Coach. [[SCHEDULE](#)]

Web Site Questions: I need to know of any issues you may have with the web site including log in or viewing pages. Your prompt email is appreciated. Please don't assume it is just your problem.

Technical Questions: I will help you with any technical issues. You must be able to view the emails as well as the attachments. If you cannot please email or phone me right away. [[COMPUTER SETTINGS](#)]

Training Program: It is proprietary. You have access to the restricted parts of the web site where you will find copies of Coach Gunn's lecture hand outs. These pages require a log in. [[COACHING](#)]

Team Pages: Are not public. You must log in to access the information on these pages. Here you will find contact information for your travel and training teammates. Later there will be lists such as the hotel room list. If you do not want your contact information shown, please email me with that request.

Log In: To log in to the Proprietary Training and Team pages you must use a User Name and a Password (which are case sensitive): User = _____ Password = _____

User Name & Password: You will receive a User Name and Password by email to use for access until the end of the year. Print this page and fill in the blanks above.

Web Site Navigation

A quick way is to Google search for *Coach Gunn* for a link to the Cairn Stone web site.

Revisions: The last revision date appears on the Home page. [[HOME PAGE](#)]

Newsletters: All Newsletters are archived on the Newsletter page under Team Info.

Links: Hyperlinks are often blue and underlined. Point and click on these to navigate to a web page with more information. You will find links in the Newsletters and on the web pages. The Trip Description becomes richer and broader after exploring the links found within the narrative.

Maps: Directions and more can be found in the map links to each training hike location. Most maps have additional information beyond the driving directions. Such as the location of a nearby restaurant favored by past groups or building locations on the SMC campus. [[MAPS](#)]

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