



MOUNTAIN SHEEP NEWSLETTER

TO: All Cairn Stone Alumni & Training Partners

FROM: Coach Gunn

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Year 6, ISSUE 19

October 30, 2009

INVITATION, THANKS, AND UPDATES

AL POTTER THANK YOU: I am planning a special *thank you* to our beloved *Waterman* Al Potter. It will be held in conjunction with our Grand Canyon VI



celebration party scheduled for Sunday, November 8th at St. Paul's Parish Hall in Dowagiac. We will have a potluck lunch but the meat, tableware and beverage (including wheat juice) I am providing. Please bring a dish to pass. The doors will open at 1:30PM and we will start eating promptly at 2:00PM. Following the meal Thom will show a slide show with music honoring Al and his wife Nancy. Following this short program all Cairn Stone alumni and Training Partners not involved with the Grand Canyon VI are welcome to leave or stay to celebrate with us. We will

then honor the Grand Canyon VI team, including a slide show prepared by Thom showing highlights of this year's phenomenal trip. I hope to see lots of alumni at this special gathering

SANDHILL CRANE: Our 2nd Annual Sandhill Crane Half Marathon and 10k Trail race went very well. We had excellent weather and I appreciate the extra effort of all Cairn Stone alumni who supported this event.

TURKEY TROT: The 34th Annual SMC Turkey Trot (Michigan's second oldest race) will take place on **Monday, November 23rd starting at 4:00PM**. There are both **5k and 8k runs and walks on the beautiful Roadrunner Trails**. The registration cost is \$2.00 or \$15.00 with a long sleeve Turkey Trot T-shirt. You can **register online** at the SMC web site [<http://www.swmich.edu>]. Search for *Turkey Trot* [[Link to form](#)] This event is run in conjunction with the SMC Student Turkey Trot. Race day **registration from 3:00 to 3:45PM** at the sparkling new SAC (Student Activities Center) [Zollar building/fitness center]

FIRE UP FOR THE TRAILS!

ALOHA HAWAIIAN FANTASY RUN & WALK: This low key run/walk will kick off



the New Year on a fit note. It will **start at 10:30AM at the Parish Hall of St. Paul's church in Dowagiac**. An optional **potluck lunch** will follow. The distances will vary according to the weather in *Paradise* on January 1st. There is no entry fee but there will be a jog pot for the Haitian Children's Fund. We are taking a medical mission trip to Haiti March 6th through 14th. ***Ahi Maluna!***



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2010 TRIP DATES:



SCOTLAND Apr. 28th – May 9th
PACIFIC NORTHWEST Sep. 18th – 26th
GRAND CANYON VII Oct. 2nd – 10th

The above dates are now set for these three main travel adventures. Final information on all of these trips will be sent out in mid November and will also be available on the web site; CairnStoneAdventureTours.com. All of these trips will have a training program available and special weekend trips to great

destinations such as Devil's Lake, Manistee, and Pictured Rocks.

SMC EXTREME SPORTS: I am lining up an exciting schedule for the SMC 2010 Extreme Sports program. And recently I was appointed as the Travel Coordinator for our SMC International Studies program which will be going to London and Paris next Spring.

YOGA CLASS: Having recently hiked along narrow trails with sheer drops in both Zion



National Park and in Scotland I was reminded of the importance of maintaining good balance and agility. Yoga is a gentle yet effective way to regain some youthful flexibility, improve balance and much more. Karen Sommers, one of our three time Grand Canyon vets will be teaching a class at SMC Dowagiac on Tuesday evenings **beginning November 3rd**. Just show up at the SAC (Student Activities Center/Zollar building/Fitness Center) with \$5 at **6:00PM**.

DIRECTIONS: St. Paul's Episcopal Church, 306 Courtland street, Dowagiac, MI 49047. Courtland is located one block north of, and parallel to, W. Division (M-51/M-60). The parish hall is attached to the west side of the church located between Green and Center streets. [\[MAP\]](#) Parking along both sides of Courtland and around the corner.

"I Love You Guys!"

Coach Gunn