

TO: Kiwis and Training Partners
 FROM: Coach Ron Gunn
 DATE: December 13, 2018

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OUT OF ADVERSITY COMES GREATNESS!

ST. JOE LAKEFRONT: My weather luck failed but everyone got in a good *maintenance* hike following our TEST HIKE weekend. We had a great turnout and everyone enjoyed Thom's beautiful slide show. And once again Wanderlust Outfitters enjoyed our group and were wonderful hosts. Special thanks to Thom and Wanderlust. And I appreciated everyone's attendance. You made me look good!



GRAND MERE: It is very challenging for me as a coach to train our team during the winter months, especially our candidates for the Alpine Crossing in New Zealand. The weather can be very fickle so be prepared to *hang loose* on our future training sites. This weekend **I am switching to Grand Mere** because several of us need the hill training and it looks like it will be a very good day for hiking those trails. Thank you for staying flexible. We will meet at Rotary Park near Grand Mere State Park at **10:00AM** for a short lecture and start the hikes of 4.6, 6.9 and 15.0 miles at 10:15AM. The restrooms will not be open but there will be vault toilets at the 1.2 mile mark or plan to stop in Stevensville. I am pleased to announce that **the course has been enhanced** with the addition of the **Lake Anne loop**. You will like this!

MEET AT: North Lake Park, 3600 Grand Mere Road, Stevensville, MI 49127 (I-94 exit 22, west on Grand Mere Road to park. OR Through Stevensville on John Beers road continue west on Grand Mere Road to park.) [MAP links are in the email. Bring maps up Saturday on your smart phone.]

REHYDRATE STATION: Round Barn Brewery & Public House, 9151 1st St, Baroda, MI 49101

PASSPORT CHECK: *Kiwis*, please review the attached to verify we have your passport information exactly as it appears on your passport. Note your passport must be renewed if it expires within 1 year of of the trip return date. You may reply to this email with corrections or preferably, submit the changes with the update form on the New Zealand page of the Cairn Stone web site. *Kia Ora* (Note: You will only receive the list for your team. Please keep it confidential.)

