

TO: Training Teams, Cairn Alumni & Friends
FROM: Coach Ron Gunn
DATE: August 15, 2018
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CAIRNSTONEADVENTURETOURS.COM

HIKERS REAP BENEFITS ON KILLER COURSE!

RUSS FOREST: I was proud of how our Cairn Stone hikers handled this very challenging course. They were smart but tough and certainly reaped a huge training benefit on this hot, humid and hilly course. Originally known as *Brenda's Killer*, it lived up to it's name today. Special thanks to Gary Kachur for his aid station magic and to Whitney in helping to transport.

ROADRUNNER TRAILS: Our next training session will be **Saturday, August 18** on the Roadrunner Trails starting at the Dowagiac Elks Club. A very informative session on New Zealand, including a slide show by Thom, will begin at **8:00AM** and training session featuring 20, 18, 8 and 5 mile courses on the beautiful Roadrunner Trails will start at 8:30AM. These are basically all trail courses and we will not go out on the roads around the Millpond. The Elks Club is giving us tremendous support and is permitting us to hike on the golf course like last year.

The gals at the Elks will be happy to serve you *wheat juice* from the bar following the hike.

MEET AT: Elks Lodge, 300 Riverside Drive, Dowagiac, MI (corner of Hill Street – we want to leave the parking open near the building for Elks golf patrons so please park near Hill Street entrances.)

REHYDRATE AT: Zeke's Restaurant, 109 N. Front Street, Dowagiac, MI (across from Shell station at the stop light on E. Division Street. Park at rear of building off Depot Drive.)

