

TO: Kiwis and Training Partners
 FROM: Coach Ron Gunn
 DATE: November 1, 2018
 574.215.4779

SOLID GAINS AT TREE-MENDUS FRUIT!

TREE-MENDUS: We had a great day to get some good work done at Tree-Mendus. Special thanks to Whitney and the Teichman family for getting the course in great shape. The Jog Pot was strong and several hikers bought apples, cider and cherry waffles. *Mucho gracias!*

HIKE FOR HAITI: Well my weather luck nosedived for this event but we still had 38 fired up hikers, mostly Cairn Stone members, brave the rain and cold. And we raised over \$1,500 for nursing scholarships in Haiti. You people are amazing!

LOVE CREEK: Because of construction issues at Swiss Valley our next training hike is on **Saturday, November 3 at Love Creek County Park and Nature Center.** At **9:00AM** an orientation on New Zealand and a special TEST HIKE that I am scheduling for Saturday, November 17 at Indiana Dunes National Lakeshore Park near Chesterton, Indiana (details below). Our hike this Saturday at Love Creek will have distances of 5.0, 10.0, 16.0, 18.0 and 20.0 miles. The hike will take place on the expanded trails of Love Creek and the quiet, charming gravel roads that surround Love Creek. Rehydration will be at the Old Tavern Inn. The weather forecast looks good.

MEET AT: Love Creek Nature Center, 9292 Huckleberry Rd, Berrien Center, MI 49102 [Put Park entry fee in Jog Pot – thank you.]

REHYDRATE AT: OTI (Old Tavern Inn), 61088 Indian Lake Rd, Niles, MI 49120 (Sumnerville)

TEST HIKE: I am having a November 17 TEST HIKE for those who are concerned about the fickle weather in January. I am scheduling this special TEST HIKE as an additional choice for all who want to qualify for either the original Alpine Crossing hike or the extended Alpine Crossing hike to the Chateau Tongario. I will also continue to work on our original TEST HIKE scheduled for January 26. I realize the odds of having it at Manistee are very low but alternative sites in this area or at Hocking Hills or Starved Rock are possibilities for those who had plans to do it on this date. Details on this special TEST HIKE will be discussed this Saturday and emailed early next week.

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51st TURKEY TROT 10k/5k: This is the oldest Turkey Trot in Michigan with the same race director (not the oldest race director!). Join us to run or hike the Roadrunner Trails **1PM Sunday, November 18.** [Details online: On the Cairn Stone Adventure Tours web site menu under RUN/WALK EVENTS]

