

TO: Training Teams (NZ & TP)
 FROM: Coach Ron Gunn
 DATE: June 20, 2018
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CAIRN STONE HIKERS TEST POSITIVE IN JORDAN RIVER VALLEY!

TEST HIKE: We had 104 hikers participate in this important Test Hike on a stellar day in the Jordan River Valley! While many enjoyed the shorter courses 69 Cairn Stone trekkers qualified for the Alpine Crossing hike in New Zealand. This was an excellent test and most of our hikers finished the hike within the time standards set for safety and survival. I really appreciate everyone's cooperation for the high standards of the program. I was also pleased with the camaraderie and fellowship that was developed over the weekend, including our reception at Shanty Creek. And I was especially pleased for those who stayed to help me find our two lost hikers. This truly is a holistic program. And a special salute to our helpers in alphabetical order: Marty and Kathy Flynn, Gary, Kachur, Terry Lies and Karen Yech. We couldn't have done it without them.

ROADRUNNER TRAILS: Our next training session will be this Saturday, June 23 on Roadrunner Trails starting and finishing at the Dowagiac Elks Club. A lecture on the revised NZ HOF training program and mental imagery will start at 8:00 AM and at 8:20 AM hikes ranging from 8 to 16 miles will take place on the beautiful Roadrunner Trails..

DIRECTIONS: Elks Golf Course, Hill St. & Riverside Dr., Dowagiac, MI [Please park away from the club house near the Hill street entrance – thank you.]

REHYDRATION: Please note for anyone wanting an adult beverage following the hike the Elks staff is happy to open the bar. Our rehydration spot will be Zeke's Restaurant in downtown Dowagiac (by the stoplight at M-51/Front St. & M-62/Division St.).

TEST HIKE SHIRTS: Our beautiful long sleeve tech shirts awarded at the test hike were a big hit! I am very sorry about any confusion involving recipients. I used our declaration forms to order the shirts and perhaps I blew it as some didn't receive shirts. A reminder that all New Zealand tour members were to receive a shirt free as long as they signed up and declared. Training Partners were not charged for the hike but had to pay \$21 for a shirt. Guests were required to pay \$25 for the hike and \$21 for the shirt if they wanted one. I thought this was fair considering the cost of setting up the hike. I'm sorry if I dropped the ball and left out some people. I'm eager to make it right and please contact me within the next week and I will submit a reorder on July 2. My goal is to keep everyone fired up!

GUNN HOI: I was very pleased that Jeff, Melissa, Jake and Kellee could make it to the Test Hike. Jeff, Jake and Kellee will all be going to New Zealand and I hope that Jake's comments at the reception fired everyone up for Kiwiland!

