

TO: Training Teams (NZ & TP)
FROM: Coach Ron Gunn
DATE: May 23, 2018
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LOTS OF HUSTLE ALONG THE LAKESHORE!

COWLES BOG/INDIANA DUNES: Lots of valuable training was gained on these beautiful but challenging trails. Our hikers enjoyed great weather for a majority of the hike and a storm coming in off the lake presented a challenge for many during the latter stages. All prevailed with a great attitude! Special thanks to Jay Crouch and Alli May for their help in setting up the course.

TREE-MENDOUS FRUIT: Our next training hike will be at **Tree-Mendus Fruit** near Indian Lake which is five miles west of Dowagiac. The hike will be **Saturday, May 26 at 8:00AM** with a lecture on HOF training, an update and strategies for the Jordan River Valley Test Hike, and tick prevention. This is a beautiful course and hikes of 5.6, 8.7, 14.3 and 17.6 miles will be set up.

DIRECTIONS: Tree-Mendus Fruit, 9351 E. Eureka Rd., Eau Claire, MI 49111

REHYDRATION: Indian Lake Pub, 55986 Indian Lake Rd, Dowagiac, MI 49047

JORDAN RIVER VALLEY TEST HIKE: I just got back from the Jordan River Valley Test Hike site and everything looks really good. I want to thank Kathy Flynn for her help. We have 81 people signed up and our special long sleeve performance tech shirts have been ordered. The folks at Shanty Creek resort indicated that a few rooms have opened up. I am really excited about this Test Hike and looking forward to seeing everyone at our reception at **5:00 PM on Saturday**. We have a beautiful room and some special guests.

FABULOUS MAP: I have located a wonderful indestructible map with the new updated Jordan River Valley course on one side and the Manistee River Valley course on the other. It is well worth \$8.95 and can be ordered at www.MichiganTrailMaps.com. I will also have updated maps but they won't be waterproof.

NZ TRIP ROSTERS: The rosters for all three New Zealand trips are attached. Please check closely. I really appreciate all those who are making their regular scheduled payments or have paid in full. It is a huge assist! I have 148 people committed and I have made large non refundable deposits on all three trips. There is no turning back now! I guarantee that these trips will be a phenomenal experience!

