

TO: Training Teams, Cairn Alumni & Friends
FROM: Coach Ron Gunn
DATE: July 25, 2018
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LOVE CREEK TREKKERS EXCEL!

LOVE CREEK: We had 65 hikers get the job done on the lovely trails and roads of Love Creek and adjoining trails and scenic roads. My weather luck held up as the rain held off. Special thanks to Meagan Burrows, Kip Miller, and Whitney Podell for their help. The Jog Pot was great again and Love Creek loves the support of the Cairn Stone hikers. Also the dog owner on the trail to True Road has \$25 worth of dog food. Kip had the trails in super shape.



RUSS FOREST: Our next hike will be on **Saturday, August 4** at **Russ Forest County Park** about 8 miles east of Dowagiac (at Volinia). A lecture on HOF training and map reading will start at **8:00 AM** and hikes ranging from 6 to 18 miles will start at 8:20 AM. Our rehydration station will be at Lindy's restaurant.

MEET AT: Russ Forest/Newton's Woods County Park, 20379 Marcellus Hwy, Decatur, MI 49045 [½ mile east of Decatur Road] Use the west entrance – is 1st one going east. Vault toilets.

REHYDRATE AT: Lindy's Restaurant, 57983 M-62, Cassopolis, MI 49031



STEVE'S RUN: This newsletter is going out a week early because I wanted to get a good plug in for this **44th Steve's Run** which is being held this **Saturday, July 28** at SMC in Dowagiac. I have

been asked to serve as the MC for the race and I am excited to do so. My interview for a special article includes the history and evolution of this race for a great cause. I urge everyone to read it. It begins;

“Steve’s Run founder Ron Gunn serves as master of ceremonies for the 44th race Saturday, July 28, in front of the David C. Briegel Building on Southwestern Michigan College’s Dowagiac campus. *'A lot of people did not know Steve, but everybody knows somebody touched by cancer who fought the same brave, determined battle,'* said Gunn, who knew Steve Briegel very well.” [for more, use the hyperlink in the email for the complete article].



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Thanks for your Fired Up support!

