

**TO:** Kiwis and Training Partners  
**FROM:** Coach Ron Gunn  
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## GRAND DAY AT GRAND MERE!



**GRAND MERE:** My weather luck returned big time as we had 89 hikers show up to tackle this beautiful but challenging course on a wonderful day for mid December! This was a much needed trail course with elevation work for our New Zealand team to maintain their conditioning and stay sharp! And everyone enjoyed the course enhancement on the South Loop and Lake Anne. With a few tweaks this could become a legitimate *Test Hike* course. Special thanks to Jon Veersma and Whitney Podell for their help on the course setup and to Jon and Sue Veersma, Jay & Cathy Crouch and Margie Midkiff for their help in picking up the course. Also *mucho gracias* for a strong Jog Pot. We made a significant donation to Grand Mere State Park and their rangers.

**LAWLESS PARK:** Our next training hike will be this **Saturday, December 29 at Dr. T. K. Lawless County Park** east of Vandalia. At **9:00 am** there will be a short lecture on training and at 9:15 am we will have hikes ranging from 6.2, 13.1 and 16.0 miles on this crackerjack all trail challenging layout. The 16.0 mile course will include 3.0 miles on the bike trails on the south side of the park. Our rehydration station will be named at the hike Saturday. I am looking at the bar & grill in Vandalia who now has a new owner.

**MEET AT:** Pavilion in Lawless Park, 15122 Monkey Run Street, Vandalia, MI 49095 [We will Jog Pot the park fee.]

**REHYDRATE STATION:** TBA at lecture.

**ALOHA FANTASY HIKE:** *ALOHA!* Complete information on this traditional New Year's morning hike and run is attached. I am looking forward to seeing everyone for a good hike, food, drink and fellowship.

