

TO: Kiwis and Training Partners
FROM: Coach Ron Gunn
DATE: November 28, 2018
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57 NAIL THE TEST HIKE!

DUNES LAKESHORE: We had 57 trekkers nail the two TEST HIKES and several more enjoy this beautiful but challenging course. The weather cooperated and the course was in good condition. The *Alpine Crossing* TEST HIKE distance was actually 18.3 and the *Alpine Crossing plus Chateau spur* was 20.8 miles. Special thanks go to Rob Riley, Jay Crouch, Thom Janssen and our *King of Aid Stations* Gary Kachur! I couldn't have done it without them.



ST. JOE WATERFRONT: Our next training session has been moved to St. Joseph, Michigan meeting at the **Wanderlust Outfitters** on State Street downtown St. Joe. At **9:30AM** a **slide show on New Zealand** will be presented and at 10:00AM hikes ranging from 5.6, 8.1 & 11.6 miles will be staged on this scenic urban lakefront course. Wanderlust is a great new outdoor gear store and they are eager to host our dynamite group. They will have room for 50 people to sit and there will be lots of good sales going on. Our rehydration will be at really cool Silver Harbor Brewing Company just two blocks away.

MEET AT: Wanderlust Outfitters, 20 State St, St Joseph, MI 49085

REHYDRATE STATION: Silver Harbor Brewing Company, 721 Pleasant St, St Joe, MI 49085

TURKEY TROT: Our 51st Turkey Trot was one of our best ever including weather and attendance. It completed an ambitious weekend for me and special thanks go to Jim Brandner, Sue Veersma, Beth Baker-Janssen, Jean McNulty, John Lee, John Magyar, John and Lucy VandenHeede, Tony Saviano, Matt Stack and Alli May. I also appreciated the help of the Dowagiac HS Athletic Department, the DUHS Maintenance Department and the City of Dowagiac Grounds Department.

