

TO: Training Teams (NZ & TP)
FROM: Coach Ron Gunn
DATE: July 4, 2018
574.215.4779

CAIRN STONERS ROMP ON ROADRUNNER TRAILS!

ROADRUNNER TRAILS: Lots of good training was accomplished by a big group of hikers on the scenic and challenging Roadrunner Trails. Special thanks to Allison and Whitney for their help in setting up and to Matt Stack (city of Dowagiac), Tony Walker (SMC), John Juroff (Dowagiac Schools) for their invaluable assistance and to Ray Klomes and the Dowagiac Elks club for their wonderful hospitality. The Jog Pot was great trekkers! Muchas Gracias!



NILES RIVERFRONT: Our next training session will be this **Saturday, July 7** meeting at the **Plym Park Golf Course** in Niles at **8:00AM**. At 8:00 AM Karen Sommers, Cairn Stone vet and *Kiwi* bound hiker will give an excellent presentation about Yoga and Pilates for backcountry hiking. At 8:30 AM hikes ranging from 6.0 miles to 19.6 will be conducted along the St. Joseph Riverfront, including trails in Madeline Bertrand and St. Pat's parks. A special 9.5 mile hike will be staged to St. Patrick's Park and Gary "you call-I haul" Kachur will provide rides back to the start. Our rehydration station will be at Front Street Pizza Pub near Riverfront Park.

MEET AT: Plym Park Golf Course, 401 Marmot St., Niles, MI 49120

REHYDRATE AT: Front Street Pizza Pub, 510 N. Front St., Niles, MI 49120

(NOTES: Front Street is also M139. The pub is located just north of Wonderland Cinema)

