

TO: Kiwis and Training Partners
FROM: Coach Ron Gunn
DATE: November 9, 2018

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NIRVANA AT LOVE CREEK!

LOVE CREEK: We had a big turnout enjoy a near perfect day to nail some valuable HOF! And because of our extended training session everyone got to enjoy Love Creek without February snow or July bugs and heat. It was gorgeous! Special thanks to Thom for his help on the course and to rangers Kip and Pat. The Jog Pot was a big boost to the park. Thank you!

NATIONAL LAKESHORE: Our next training session and special TEST HIKE will be on **Saturday, November 17 at the Indiana Dunes National Lakeshore Park** near Chesterton, IN. This will also serve as a TEST HIKE for those wishing to qualify for one of the major hikes on the Alpine Crossing in New Zealand. There will be no lecture and hikes ranging from 5.0 to 20.6 miles will start at **9:00AM CST (10:00AM EST-Michigan)**. This hike is open to all training partners plus our New Zealand team. At this point the weather forecast looks pretty good. Please meet at the Pavilion Beach House and keep your entrance fee receipt if they are open.

I will be using this as an additional TEST HIKE and still plan to offer the January 27 TEST HIKE for those counting on that one. Please check complete details that are attached. The January TEST HIKE on the schedule is the Manistee River Valley but reality might determine another site further south such as Hocking Hills, National Lakeshore or Lawless Park.

MEET AT: Pavilion & Beach House, Indiana Dunes National Lakeshore, 1215 IN-49, Porter, IN 46304

REHYDRATE STATION: Shoreline Brewery, 208 Wabash St, Michigan City, IN 46360

MYSTERY TRIP T-SHIRTS: Our very cool Mystery Trip shirts will be available at this hike.

51ST TURKEY TROT 10k/5k: Check out this classic event on Roadrunner Trails. It is the oldest Turkey Trot in Michigan with the same race director (not the *oldest* race director!). Join us to run or hike the Roadrunner Trails

1PM Sunday, November 18

[Details online:

On the Cairn Stone Adventure Tours web site menu under **RUN/WALK EVENTS**]

