

TO: Kiwis and Training Partners
 FROM: Coach Ron Gunn
 DATE: January 23, 2019
 574.215.4779

STRONG TEST AT SPUD CREEK!

POTATO CREEK: A big turnout got the job done at Potato Creek! For the most part the weather cooperated and solid returns were gained. Special thanks to Sarah Gunn, Rob Riley, Jay Crouch and Jim Brandner for their assist on setting up. Also special thanks to Ginger Riley for help in taking down the course signs.

TEST HIKE: Our *TEST HIKE* scheduled for this weekend will be held this **Saturday, January 26 starting at 9:00 AM** at the Niles YMCA. The course will be an elevation gain enhanced course on the traditional Niles Riverfront/Morris Farms course. It will be 21.0 miles and will be primarily conducted on the quiet, scenic roads that make up this course. The roads should be plowed and all hikers will be accessible to support staff in vehicles. Three significant hills will be added to this course and it will be two 10.5 mile loops. There will be no lecture but a quick daypack and cold weather gear check will take place. As your coach I am hoping for the best for this weekend. However, if circumstances turn very dangerous such as strong winds, I will postpone the hike until the following weekend. Thank you for *hanging loose* and for your understanding.

MEET AT: Niles-Buchanan YMCA lobby, 905 North Front St, Niles, MI 49120

REHYDRATE STATION: The Front Street Pub, 510 N. Front St., Niles, MI 49120 .

MAP LINKS: Handy map links for driving directions will be in the email for your smart phone.

NZ HIKE DESCRIPTIONS: Descriptions for our hikes in New Zealand are attached.

NZ CHECKLIST: It is important that all Kiwi bound hikers carefully review the attached checklists.

NZ DIET REQUESTS: Any special diet request for our flights to and from New Zealand please contact Thom. Thom@CairnStoneTours.com



DOWN THE TRAIL: The dates and locations of upcoming major hikes are listed below:

- *SEP/OCT, 2019 *The Best of the Appalachian Trail* in TN & NC (58 signed up)
- OCT 17 – 25, 2020 *The Best of Utah and Antelope Canyon* (41 signed up)

NOTE: Use the trip deposit form [SIGNUPS in website menu] to reserve a spot on a trip. An Appalachian Trail trip deposit gives you 2019 hike privileges. A Utah trip deposit gives you 2020 hike privileges. You will have two weeks to drop after the *Trip Description* with price is released. If you drop your trip deposit will become your *Training Partner* fee to keep on hiking with us.

* *Hang loose.* Our *rock star* bus driver, Jeff Bigler says the bus is not available on my original dates. Look for an update soon once we confirm bus availability.