

**TO:** All Cairn Stone Trekkers & Runners

**FROM:** Coach Ron Gunn

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## KIWI TRIPS OFFER ADVENTURE IN PARADISE!

**NEW ZEALAND:** Our three trips to the other side of the world went extremely well. There is a reason why we traveled so far and that is that New Zealand is an idyllic country to hike. Everyday was a glorious adventure and I was very pleased how everything went. Our trekkers did a super job and handled every challenge that came their way. Thank you very much for being such a wonderful group! Memories were made for a lifetime!

**LOVE CREEK:** Our first training of the 2019 season is this **Saturday, March 30 at Love Creek Nature Center County Park** east of Berrien Springs. A Rookie orientation lecture including equipment, form, and HOF training will start at **9:00AM** at the Nature Center and hikes ranging from 3 to 10 miles will start at 10:00AM. A majority of the hike will be on beautiful trails and will also include the scenic Jones Road. Please place your donation in the Jog Pot and do not pay the park fee at the counter.

**MEET AT:** Love Creek Nature Center, 9292 Huckleberry Rd, Berrien Center, MI 49102

**REHYDRATE STATION:** Will be announced at lecture.

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

**2019 TRAINING SCHEDULE:** A tentative training schedule for the remainder of 2019 is attached.

