

TO: Running & Hiking Friends
 FROM: Coach Ron Gunn
 DATE: April 4, 2018

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SUPER TOUGH AT SWISS!

SWISS VALLEY: It wasn't our best day for weather but our large turnout tackled this challenging course with determination! I was proud of our great attitude and resilience in conquering this course. Special thanks to Whitney who worked very hard on clearing parts of the course and Jim D'Haenens for the *Burma Shave* signs and helping to direct. Our hosts, Jim and Linda will enjoy Lindy's and Applebee's courtesy of a generous Jog Pot. Please don't hike at Swiss Valley on your own. We are very fortunate to be their guests.

BONUS TRAIL RUN/HIKE/WALK: I am very excited about our bonus hike/trail run to be held on Roadrunner Trails this coming **Saturday, April 7**, starting at the **Dowagiac Elks Club at 9:00AM**. There is no lecture and it is **free and open to everyone**.

The Roadrunner Trails are in great shape and this all trail course of 8.0, 5.6, 3.6 and 1.8 mile will be setup.

A voluntary Jog Pot will benefit Amanda Stanley and her humanitarian mission trip to Africa. Amanda and her Mom Dawn along with Ray Klomes, all Elks employees and Cairn fans, will be our hosts. A special rehydration station, including a cash bar, will be conducted at the finish. I'm hoping for a big turnout. Details are attached.

DIRECTIONS: Elks Golf Course, 300 Riverside Dr, Dowagiac, MI 49047 (Corner of Riverside and Hill Streets) [MAP](#)



NEW ZEALAND: After opening a third trip there remain a few openings and with a year to go even on the wait list is a good chance to go. Attached are my top 25 reasons to hike in New Zealand which I wrote on the long plane ride home last year while all was fresh in my mind. The more flexible you are with trip choice the greater your chance of going. Please check out our New Zealand web page if you have an interest.

SANDHILL CRANE: I am excited about a positive change to this year's race. Scott Wyman, the outstanding Director of Cass County Parks, is assuming control of the race. This will allow us to accept a big donation from the St. Denys philanthropic organization which will definitely enhance the race. The quality of the race will be even better and Scott is going to hire me as Race Director to set up the course. The 2018 flyer is attached.

I love this quote from one of my birthday cards!

There are some things really worth having in life...

A sense of humor

A taste for adventure

An open mind

A loving heart

