



TO: Training Teams
FROM: Coach Ron Gunn
DATE: March 15, 2017

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NO FEAR AT GRAND MERE!

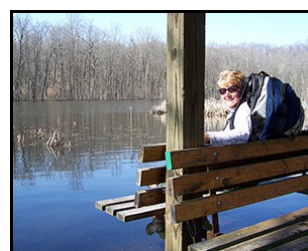
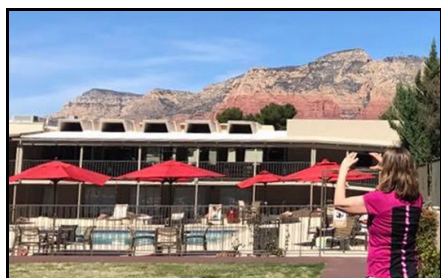
GRAND MERE: A large turnout tackled the challenging course at Grand Mere State Park and came away with some great conditioning – **I love your true grit!** Special thanks to Rob and Jay for their help on setting up the course.

LAWLESS PARK: Our next training session will be at **Saturday, March 18**, at the **Dr. T. K. Lawless County Park** near Vandalia, MI. At **8:00AM** a lecture on HOF training, stretching techniques, core strength, and emergency procedures. At 8:30 hikes ranging from 3.1 to 13.1 miles will be hiked on this beautiful layout – almost all trails! There will be an Eagle's nest to view across the lake en route! Wow, we are up to a ½ marathon in our *progressive overload* training!

DIRECTIONS: Dr. T. K. Lawless Park, 15122 Monkey Run St., Jones, MI 49061 [MAP](#)

GRAND CANYON XI UPDATE: I had a great trip Out West to finalize our plans in St. George, Sedona, and Phoenix. Cairn Stone vet Kathy Flynn was a big help and commented,

“you are going to love this trip!”



FRIENDLY REMINDER-FLEX PAYMENTS: First, *muchos gracias* for all who have paid on time and in advance. I have already made several payments to airlines, bus company and hotels. Much of these payments are non-refundable or with penalty. I am working hard to make it a great trip at a very fair price. Everyone's cooperation on getting caught up is greatly appreciated. I have attached a payment schedule for your convenience. A deposit and three payments of \$205 per individual are already due. If you have questions please contact me. **FIRE UP!**

