



TO: Training Teams
FROM: Coach Ron Gunn
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2017

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MAJOR HOF GAINED AT BIG ROCK VALLEY!

BIG ROCK VALLEY: We had 76 Cairn trekkers tackle the beautiful and challenging course at the Edward Lowe Foundation property near Cassopolis. Lots of positive conditioning along with a little mud was gained. Everyone demonstrated a great attitude. Special thanks go to Whitney and the staff at Big Rock Valley. The Jog Pot was awesome!

ROADRUNNER TRAILS: Our next training session will be this **Saturday, May 13** on the virtually *all trail* Roadrunner Trails course starting at the Elks Club in Dowagiac. At **8:00AM** there will be a lecture on HOF training, mental training and safety on the road. At 8:30AM training courses of 3.8, 8.0 and 16.6 will be hiked on these beautiful trails. Rehydration will be at Zeke's in downtown Dowagiac.

DIRECTIONS: Elks Golf Course, Hill St. & Riverside Dr., Dowagiac, MI [MAP](#) [Please park away from the club house near the Hill street entrance – thank you.]

[Zeke's Restaurant](#), by the stoplight at M-51/Front St. & M-62/Division [MAP](#)



DEVIL'S LAKE: *Get on the bus, Gus!* The bus from Niles is getting full. Get your registration in now to secure a seat on the bus to our Test Hike at Devil's Lake.

