



TO: Training Teams  
 FROM: Coach Ron Gunn  
 DATE: August 17, 2017

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## HALLELUJAH JAVELINAS

**RUSS FOREST:** We had a beautiful day to knock out this major HOF hike and our trekkers came through big time! And several Cairn Stone hikers bagged a ½ marathon! Great work by all. Special thanks go to Scott Wyman, Railroad Cafe, John Mikos and Dan Metzger. The *Jog Pot* was awesome!

**ROADRUNNER TRAILS:** Our final major HOF training hike prior to the *TEST HIKE* at Manistee will be this **Saturday, August 19** on the Roadrunner Trails and environs. A brief lecture on training will start at **8:00AM at the Dowagiac Elks Club** and at 8:15AM we will start hikes ranging from 8 miles to 25 miles. The Elks has given me permission to use the golf course for part of our hike which will eliminate four miles of road.

**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.]

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

**FIRED UP PUMP:** If you see me pumping my right arm up and down that is a silent visual effort to say *FIRE UP!* It started with my runners as a way to encourage them without startling them using a car horn while they were on a training run. The pump imitates a railroad conductor on the old steam train pulling the cord to signal that the train is *fired up!*

**LABOR DAY PICNIC:** If you don't already have plans please mark your calendar and join me for my annual Labor Day picnic and hike along Lake Michigan in Saugatuck. I supply the hot dogs and all the MNRC and Cairn Stone *Ohana* are invited (See attached).

**MANISTEE REMINDER:** If you are interested to car pool or room share please contact Thom to assist with connecting you with someone. [Thom@CairnStoneTours.com](mailto:Thom@CairnStoneTours.com)

**GRAND CANYON TRIPS:** Just a quick reminder that my travel tips are on the web site under *TEAM LOGIN*. My hike training is about good preparation and this also goes for trouble free travel. If you need help with the log in please contact Thom. [Thom@CairnStoneTours.com](mailto:Thom@CairnStoneTours.com) or 269-462-0683

**UP NORTH:** We had great weather and an amazing team. The hikes were enjoyed by all and we had good fellowship at our rehydration stops. Special thanks to our *rock star* driver Jeff!



**"BELIEVE YOU CAN AND YOU'RE HALFWAY THERE."**

**Theodore Roosevelt**

