

TO: Training Teams
FROM: Coach Ron Gunn
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2017

CAIRN HIKERS BAG BIG MILES ON KAL-HAVEN!



KAL-HAVEN: Our trekkers did a great job with their progressive overload training on this lovely green way linear trail. It got warm but everyone hung in there tough! Special thanks to Jay Crouch, Rob Riley, and Whitney Podell for their extra effort!

LOVE CREEK: Our next training session will be held at Love Creek County Park near Berrien Center, MI this **Saturday, July 22. At 8:00AM** important information on the Grand Canyon Trip and the Manistee Test Hike will be presented. At 8:30AM we will begin hikes ranging from 5 to 22 miles. The course includes 12 miles of lovely trails, 5 miles of quiet, scenic gravel roads, and five miles of quiet paved roads. Love Creek is one of our most beautiful venues. Please pay your park fee to the *Jog Pot*, not to the park attendant. Rehydration will be at the *Old Tavern Inn* in Sumnerville.

DIRECTIONS: [Love Creek Nature Center](#), 9292 Huckleberry Rd., Berrien Center, MI 49102 [MAP](#)

PARK FEE is \$5/car (\$3 Berrien Cnty) – we will collect this in the *Jog Pot* as usual. Thank you

RE-HYDRATION: OTI (Old Tavern Inn) 61088 Indian Lake Rd., Niles, MI 49120 [MAP](#)



NOTRE DAME TRAIL: Your team is doing awesome and we enjoy having you. GO IRISH!

"It's suppose to be hard. If it wasn't hard, everyone would do it. The hard is what makes it great!"

Tom Hanks
A League of Their Own