

TO: Training Teams
FROM: Coach Ron Gunn
DATE: May 24, 2017

574.215.4779

CAIRNSTONEADVENTURETOURS.COM

Ron@CairnStoneTours.com



GLORIOUS DAY ON THE TRAILS!

ROADRUNNER TRAILS: We had a big turnout enjoy a wonderful day on Roadrunner Trails! Lots of significant HOF was gained on this beautiful all trail course as we build toward the TEST HIKE at Devil's Lake. **Special thanks** to Whitney and Ray, Pat, Armanda, Dawn and Suzie at the Elks. The rehydration at Zeke's was fun and the Jog Pot was totally cool!

TREE-MENDUS FRUIT: Our next training session will be this **Saturday, May 27** at Tree-mendus Fruit farm just west of Indian Lake. At **8:00AM** I will finish my lecture on mental training and HOF training. At 8:30AM we will start hikes ranging from 4.9 to 17.2 miles on this delightful and scenic course. Our rehydration station will be at the *Old Tavern Inn* in Sunnerville.

DIRECTIONS: Tree-Mendus Fruit, 9351 E Eureka Rd., Eau Claire, MI 49111 [MAP](#)

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

DEVIL'S LAKE SHIRTS: Again this year I am awarding one custom performance tech long sleeve shirt for both TEST HIKES. These shirts will be awarded to everyone who attends Devil's Lake regardless of the distance hiked. It is important that I get the sizes correct and I am going to use the size listed on your info form. Please get any changes to me by this weekend as I am ordering the shirts this Monday. (Thom will send out a list you can check.)



CHINESE BUFFET: I should have the *Meet The Team* photo board ready at this hike. This is a self servicing project for me as I want to learn all the rookies names by Devil's Lake. If I call you the wrong name after this I owe you a meal at a Chinese Buffet.

ROCK STAR BUS: Check out our new *Rock Star* bus and our *Rock Star* driver Jeff Bigler. It was super on the *Toledo USA* trip!

