



TO: Training Teams
 FROM: Coach Ron Gunn
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LOVE CREEK 2017 WAS QUINTESSENTIAL EXAMPLE OF A CALLOUSING EXPERIENCE!

LOVE CREEK: A hot, humid day brought out the best in our hikers in attendance. Very significant HOF was developed as the callousing effect was in full force. As a coach I was extremely proud of the effort put forth; What a great attitude! This was hard and that makes it worth the effort! Special thanks to Whitney, Jay and the rangers Kip and Pat. The Jog Pot was outstanding and Love Creek and the dog owner on the trail were very happy.



RUSS FOREST: Our penultimate HOF training hike before Manistee is **Saturday, August 5** at **Russ Forest County Park**, 8 miles east of Dowagiac. At **8:00AM** a short lecture on HOF training and map reading will start and at 8:15AM hikes of 9.0, 13.3 and 23.2 will start. The course includes 2 miles of trails and the rest is on scenic, quiet gravel roads.

DIRECTIONS: Russ Forest County Park, Marcellus Hwy., Volinia, MI; ½ mile east of Decatur Rd. [MAP](#)

RE-HYDRATION: Will be suggested at the lecture.

MANISTEE TEST HIKE: This *Test Hike* is approaching fast. It is a wonderful destination hike open to everyone but mandatory for those wishing to qualify for a hike below the Rim in the Grand Canyon. Please read the attached information carefully. This attachment also includes info on our suggested lodging. We have a limit of 25 rooms on a first come – first serve basis. Manistee is a destination hike and with shorter hikes of 16.6 and 11.2 miles will be available. We encourage all Cairn Stone Grand Canyon and Training Partners to attend.

AIRLINE/ROOM INFO: Also attached [Grand Canyon team members only] is the info that we must give to Southwest Airlines. PLEASE DOUBLE CHECK as errors may cause a major hassle and possible delay for anyone involved. Your prompt review is necessary and greatly appreciated as I am making final payments to airlines and hotels.

MEET THE TEAM: Cairn Stone vet Vicky Holoway has done a great job with the *Meet The Team* photo project. Your digital copy is attached. Enjoy and please advise me of any errors or omissions.

"THE HARDER THE CONFLICT, THE MORE GLORIOUS THE TRIUMPH!"

Thomas Paine

