

TO: Training Teams
FROM: Coach Ron Gunn
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TRIUMPH ON THE TRAILS!

ROADRUNNER TRAILS : Wow! Our trekkers certainly triumphed on this very challenging course on a day that got progressively warmer. Our team knocked out their last major HOF in determined fashion. A few even did the new golf course loop a third time to make it the magic 26.2 plus mark! Special thanks to Rob for his help on the course setup and to Amanda, Dawn and Ray for their hospitality and allowing us to use the golf course as part of our hike.

SAUGATUCK: This annual Labor Day tradition is a beautiful hike and a wonderful pot luck party. I am really looking forward to seeing everyone. *HEY GET YOUR RED HOTS HERE!* Please see attached for details and directions.

MANISTEE UPDATE: I appreciate everyone's input for hike choices. I will also cover some important trip orientation info at our reception on Saturday night. I have attached an updated GC XI trip itinerary including our flights on Southwest airline. If you are interested to car pool or room share please contact Thom to assist with connecting you with someone. Thom@CairnStoneTours.com



"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure...then to rank with those poor spirits who neither enjoy or suffer much, because they live in a gray twilight that knows no victory or defeat.."

Theodore Roosevelt