

TO: Training Teams
FROM: Coach Ron Gunn
DATE: July 5, 2017

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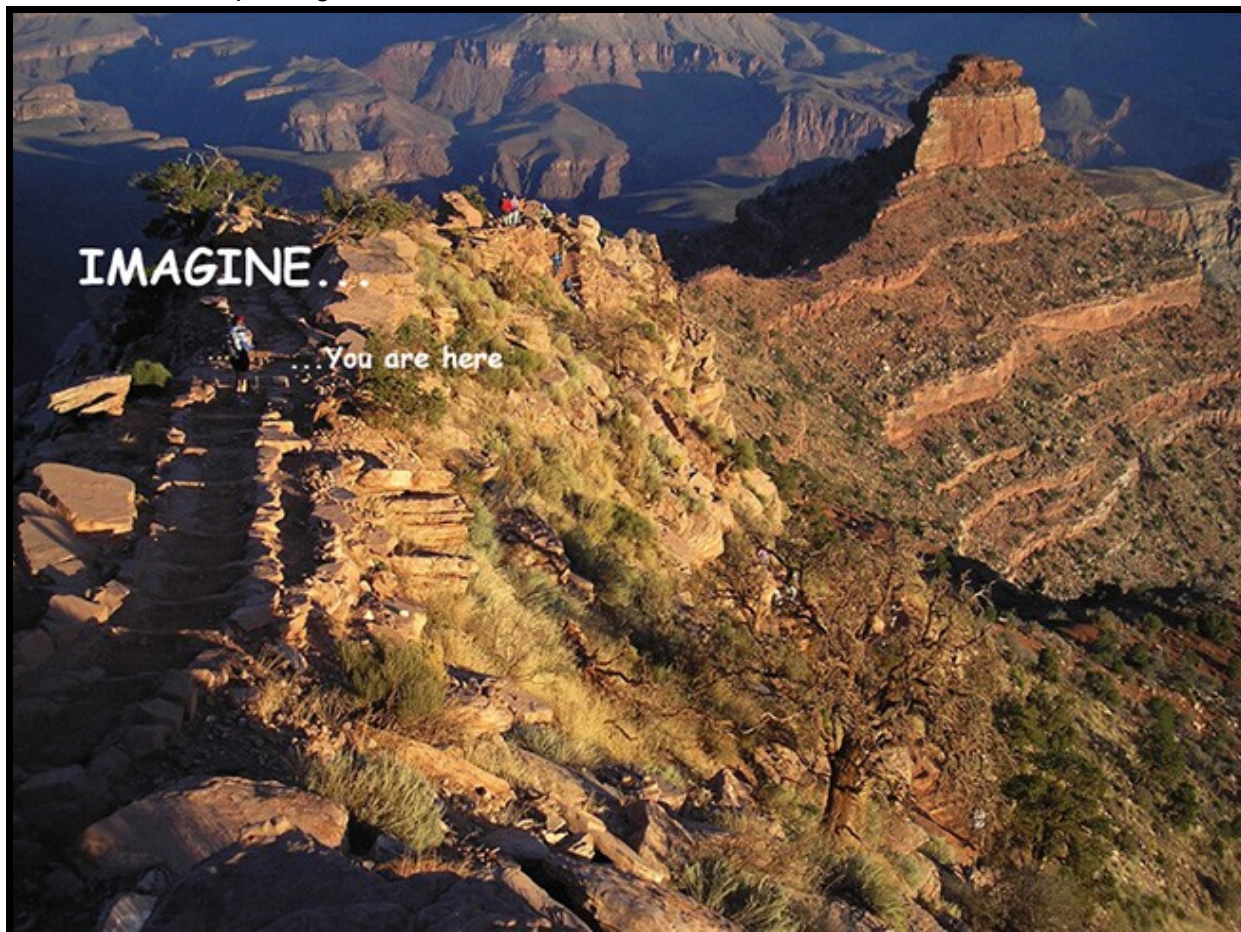


Trekkers Shine Along The RIVERFRONT!

NILES RIVERFRONT: Lots of HOF was earned on a beautiful day along the riverfront. Special thanks to Gary Kachur, Jay Crouch, Karen Sommers, Whitney Podell, Thom Janssen and the staff at Plym Park Golf Course. The rehydration also worked out well at the *Front Street Pizza & Pub*.

KAL-HAVEN TRAIL: Our next training session is scheduled for this **Sunday, July 9** starting at **9:00AM** at the Kal-Haven Trailhead in South Haven, Michigan. There will be just a few announcements and training hikes ranging from 6 to 22 miles will start at about 9:10AM. The Kal-Haven Trail is a beautiful, tree lined mostly stone dust linear park. It will be an out and back course. Rehydration spot is TBA.

DIRECTIONS: Near E. Wells St. & N. Bailey Ave., South Haven, MI 49090 [\[MAP\]](#)
(Look for *Sesquicentennial State Park Trailhead* signage on Blue Star Hwy.) Porta toilets there and no parking fee.



*"There comes a point in July and August that our **Below The Rim Hikers** just have to grind the HOF! There is no easy way.*

Coach Gunn

