

TO: TRAINING TEAMS  
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## AWESOME TURNOUT AT RR TRAILS & HIKE THE JACK!

**RR TRAILS & JACK:** We offered two venue choices for our last training session and we had a terrific turnout of 97 *fired up* hikers. It was a very good day to hike either the snow covered *Roadrunner Trails* or the streets and roads of Dowagiac. Special thanks go to Jay and Kathy Crouch for a big assist in marking the sculpture/mansion course. Thom Janssen did a super job in marking the trail course with red paint. Also, special thanks to Gary Kachur for dropping off some aid and to Larry Lies who did a little last minute help in marking the course. And of course a big shout out to our host the Dowagiac Elks Lodge. The Jog Pot was great!

**MADÉLINE BERTRAND :** IMPORTANT – VENUE CHANGE! Our next training hike will be this **Saturday, February 18 at Madeline Bertrand Park** in south Niles. A **lecture on *stretching and flexibility*** will be held at **9:40AM** at the shelter near the park office. Beautiful all trail hikes of 11.1, 10.0, and 6.1 will begin at 10:00AM. The park gate will open early for us at 9:30AM. Please pay parking fee at the entrance booth (\$3 Berrien, \$5 other) and there will be no Jog Pot. Everyone has been great with Jog Pot donations! We will reschedule the originally scheduled *Saugatuck Dunes* hike as a bonus hike. I don't want you to miss this cardiac stretcher!

**DIRECTIONS:** MAP LINKS in your email. (3038 Adams Road, Niles, MI)

**REHYDRATION:** *Joey Armadillos* has served us well in the past. It opens at noon and is just a few miles from the park. (2732 S. 11<sup>th</sup> Street, Niles, MI)

**PAC NW UPDATE:** We are making great progress in securing our desired airline tickets for our non stop round trip flights to Portland thanks to the hard work of Thom and Tim and the cooperation of our members. We have now secured all of our tickets for Trip 1 and hopefully will secure tickets for the other two trips very soon. **THANK YOU!**

**TEAM PHOTOS:** I am really excited about our great rookie class of hikers and in order for me to learn all the names I will be taking head shot photos of all hikers during our next few hikes. I will share and everyone will be able to learn about their fellow team members.

**AMAZING FRIENDS:** I am truly blessed with amazing friends! The past month has been challenging for me but I have been overwhelmed with love and support including a basket full of inspiring cards, several wonderful meals (I haven't cooked in a month) and touching personal visits. I am starting to feel better but my surgeon said full recovery will take about six months and to make the best progress I will soon enter into a therapy program with Cairn Stone vet, Dave Yugo. I am so thankful for everyone's *fired up* friendship!

