



TO: TRAINING TEAMS  
FROM: COACH GUNN  
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## BIG PAYBACK AT ZIG ZAG!

**ZIG ZAG:** A good turnout of 60 plus hikers enjoyed a beautiful day with great conditions to gain an excellent training payback. Special thanks go to Jay and Kathy, Heather, Gary, and Thom for their help in pulling off this January trail hike as I rested at home after back surgery. I am feeling much better and I look forward to seeing everyone this Saturday.

**DOWAGIAC ELKS :** IMPORTANT – VENUE CHANGE! Because of snow on the trails we cannot hike at Madeline Bertrand Park as foot traffic is not allowed on cross country ski trails. I am making a change with two dynamite options. We will meet at the *Dowagiac Elks Lodge* for the lecture and start. Everyone can choose the topic(s) you need.

|                       |         |                                      |
|-----------------------|---------|--------------------------------------|
| <b>LECTURE TIMES:</b> | 9:00AM  | Review on proper hiking equipment.   |
|                       | 9:20AM  | HOF training program.                |
|                       | 9:40AM  | Important Pacific Northwest updates. |
|                       | 10:00AM | Start time for two hike options.     |

### HIKE OPTION 1: *Hike The Jack*

This is a great urban hike with a special bonus. This course explores beautiful *Sculptures in the City*, and historic mansions. As an added bonus the *Ice Festival* is being held in downtown Dowagiac. The course offers hikes of 10.0, 7.1 and 6.0 miles set up on plowed streets and sidewalks. You will navigate this interesting course with a map and a handout with course highlights. At the finish you will receive a *Pathfinder Award* certificate. As an added bonus our aid station will be *Olympia Books*, owned by my son Jeff, in downtown Dowagiac.

### HIKE OPTION 2: *Roadrunner Trails*, 9.0 miles

The Roadrunner Trails are snow covered but hike-able if there is no unforeseen storm between now and Saturday. We plan to mark the course with florescent red paint only (look for arrows, but not signs) just before the hike. Please don't start early as there will be no arrows. Cleats and poles are highly recommended. Aid station at the Middle School.

**DIRECTIONS:** MAP LINKS to the Elks Lodge in your email. (corner of Riverside Dr. & Hill St.)

**REHYDRATION:** I suggest a great new restaurant, the *Oak and Ash* barbecue in downtown Dowagiac (by the light, across from Shell and you park in the rear off Depot Drive.) Note: It's in the old *Zeke's Restaurant* location. (Map link in your email)

**PAC NW UPDATE:** I will provide details at the lecture, but watch your email today and tomorrow for information as we open Trip 1 to fill available spots. The first mailing will be to all *PNW candidates* and will include a Trip Description with prices. The second mailing will go to the first 52 Trip 1 candidates, each of which will then need to respond to accept that spot. After confirming you will close the deal by submitting your payment. Then first 52 Trip 2 and Trip 3 candidates will be notified for their response. We do have a waiting list of eager hikers if something has changed and you need to drop. I must act quickly to secure airline tickets for each group. I must supply names and full payment in two business days to United Airlines. Thank you for your understanding and cooperation.

***“You can't shoot a cannon out of a canoe!***

***Keep getting stronger each week.”***

Coach Gunn