

TO: TRAINING TEAMS  
FROM: COACH RON GUNN  
DATE: March 8, 2023  
574.215.4779

Ron@CairnStoneTours.com

## MAJOR TRAINING GAINS AT POKAGON!

### PLUS, SPECIAL OFFER FOR *FREE GREEN BEER* THIS SATURDAY

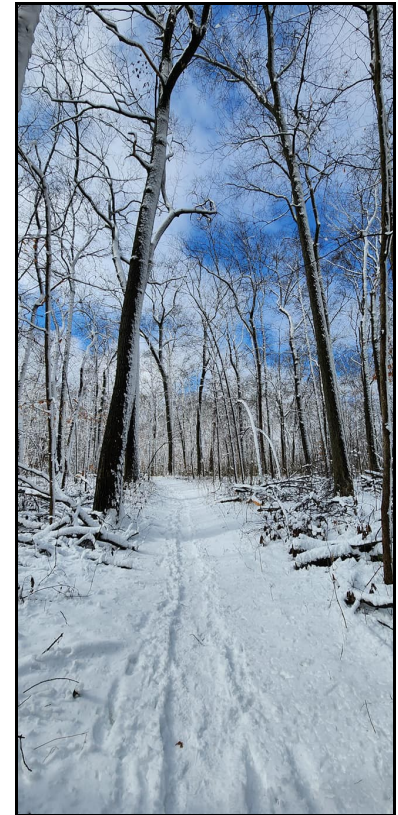
**POKAGON:** We had a beautiful, sunny day for this 12 mile hike but the later part of the course turned into sloppy slush and it turned the hike into a difficult challenge in the later stages. Also storm damage left lots of fallen trees and branches to navigate. Bet we had an intrepid crew of 42 determined hikers conquer the course and reap tremendous training gains from the experience. My hat is off to everyone and their tremendous attitude! Special thanks go to my setup crew of Jay and Kathy Crouch, Larry Lies and Rob Riley. Also I'm thankful to our clean up crew of Doug Geissler, Peg Watts, Diane and Daryl Boughton for getting all the signs. Doug Geissler was also a big help to me personally and the tradition of a post hike party in the cool Potawatomi Inn was wonderfully preserved!

**FREE BEER:** The next activity on Cairn Stone's calendar is the *Lucky Turkey 10k, 5k and kids fun run* scheduled for this **Saturday, March 11**. I am very excited to be given the opportunity to return *Michigan's Oldest Turkey Trot* to the campus of *Southwestern Michigan College*. Dr. Joe Odenwald, SMC's fired up president, and his staff have been very supportive of this move and I am eager to put our best foot forward to make this a crackerjack event for them!

This event was originally scheduled as the *55<sup>th</sup> Annual Turkey Trot* in November but was postponed to this Saturday because of a snow storm and renamed the *Lucky Turkey trot*. I am reaching out to our Cairn Stone training teams to either volunteer to help or to participate. Hikers are welcome and it's a lovely 10k course! I am offering all current training team members (PNW or Training Partners) half price entry fee (\$12). All participants will receive a cool custom long sleeve tech shirt.

AS A SPECIAL BONUS I AM OFFERING A *GREEN BEER on me* at Lindy's following the race to all Cairn Stone volunteers and participants. I am hoping for a great turnout from the Cairn Stone family. Details in the attachment and use discount code **SMC23** for the special registration fee of \$12. Volunteers should call me. 574.215.4779 *Muchas gracias!*

**DIRECTIONS:** See email for DRIVING MAP LINKS to SMC campus and Lindy's.



"My rule of thumb for my running groups was always 'volunteer 1 out of 10 events.'"

Coach Gunn