

TO: Grand Canyon Trekkers & Training Partners  
FROM: Coach Ron Gunn  
DATE: July 7, 2022  
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## STELLAR DAY AT OLD TREE-MENDUS!

**OLD TREE-MENDOUS:** We had some of the best weather we have experienced at our many hikes at *Tree-Mendous Fruit Farm* over the years. We also had several *Double Lappers* as we build toward the challenges of the Grand Canyon.

**Special thanks** go to Gary Kachur, Jay and Kathy Crouch, Rocky Geans, Glen and Cindy DeVault, the Ferry family, and the Schilling family. We actually ended up with two portable toilets with a sink! And I so appreciate everyone's generosity to the Jog Pot!

**SCHEDULE CHANGE:** Due to the running of Steve' Run on Friday, July 15 I have re scheduled our next training hike to Love Creek. The Steve's Run course uses many of the Roadrunner Trails we need to setup for our hikes and I don't want to interfere. [see attached revised Schedule]

**LOVE CREEK:** Our next training hike is at **Love Creek County Park on Saturday, July 16**. The hike will start between **8:00AM and 8:30AM** with course distances of 22.0, 16.0, 12.0, 10.0, and 5.0 miles. There will be no lecture and modern restrooms are available in the Nature Center. You will need these items from your day pack; bug spray and sun screen.

**DIRECTIONS:** Love Creek, 9292 Huckleberry Rd., Berrien Center, MI

**REHYDRATION:** I suggest *OTI* for rehydration. (*Old Tavern Inn*, Sumnerville, 61088 Indian Lake Rd.)

**DOUBLE HEADER: "Let's Hike Two!"** I am hoping many of our Cairn Stone Trekkers will consider doing both Steve's Run and the Love Creek hike. Steve's Run is for a great cause that is near and dear to my heart - cancer research. That would be an awesome *double header*. [Details online at [swmich.edu](http://swmich.edu) and sign up at [RunSignUp.com](http://RunSignUp.com)]

**SPECIAL NIGHT HIKE:** Check out your headlamps on this special night hike at *Lawless County Park* to observe the Perseid Meteor Shower. We will meet at the west shelter at **9:00PM on Thursday, August 11** and we have a special 5.1 mile course that will enhance your viewing of the meteors. Please add this to your calendar.

**TEST HIKE MAKEUP:** We now have 9 hikers signed up for our Jordan River Valley TEST HIKE makeup on **Saturday, July 23**. I really appreciate their cooperation! [Coach: 574.215.4779]

**SHIRTS:** I have ordered more TEST HIKE 2022 long sleeve tech shirts and will have them at this hike and at the Manistee TEST HIKE in September.



**MANISTEE:** Roommate or ride?  
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