



## VETERANS OF FOREIGN WARS

**Department of Michigan 924 N. Washington Ave, Lansing, MI 48906 (517) 485-9456**

Comrades:

On May 1, Michigan VFW Life Member Lawrence Miller, VFW Post 6896, District 4, will step off on a 500 mile Trek For Vets headed south to the Royal Oak Memorial Day Parade on May 25. Attached is a flyer of the Trek outlining the route. We encourage you to support the mission of Comrade Miller. The goal is to sell 500 cases of coffee during the 25 day trek to support Trek For Vets activities promoting community Veteran Awareness Response Teams and supporting veterans attending the Dynamic Athlete veteran treatment program in Colorado:

<https://dynamicathlete.com/>

The following is a list of all the cities and towns the 500 mile Trek For Vets will go through. It is an excellent opportunity for your VFW Post members to meet Comrade Miller on the road, have a conversation and show your support. Following is also a list that shows the stops with dates. At each stop Comrade Miller will meet with local and County law enforcement and fire department leaders to discuss local issues that they see in their communities and to bring awareness to the project to create a Veteran Awareness Response Team of first responders within each community.

To learn more about Trek For Vets Coffee visit their website: <https://trekforvetscoffee.com>

To make a donation or to purchase coffee to support the Trek For Vets mission visit:

<https://www.trekforvets.com>

Your individual or Post donation to Trek For Vets may be documented for Department All State Program credit for your Post under the Department "Mental Health" Program by submitting proof of your donation to Department Headquarters.

The Trek route: St. Ignace, Mackinac Island, Mackinaw City, Carp Lake, Levering, Pellston, Brutus, Alanson, Petoskey, Bay Shore, Charlevoix, Atwood, Torch Airport, Elk Rapids, Traverse City, Kingsley, Meauwataka, Lake Mitchell/Cadillac, Leroy, Ashton, Reed City, Big Rapids, Stanwood, Morley, Howard City, Pierson, Sand Lake, Cedar Springs, Rockford, Northview, Grand Rapids, Wyoming, Cutlerville, Wayland, Martin, Plainwell, Kalamazoo, Eastwood, Richland, Yorkville, Bellevue, Charlotte, Potterville, Dimondale, Lansing, Holt, Mason, Stockbridge, Chelsea, Dexter, Whitmore Lake, Island Lake, Milford, Wixom, Novi, Northville, Livonia/Farmington, Southfield/Oak Park, Royal Oak

Day 1/May 1 -

St. Ignace - .7 mile

Mackinac Island - 1.5 mile

45 min ferry

Mackinac City to Carp Lake, Levering, Pellston - 17 mile

Day 2/May 2

Pellston to Brutus, Alanson, Petoskey - 18 mile

Day 3/May 3

Petoskey to Bay Shore, Charlevoix - 17 miles

Day 4/May 4

Charlevoix to Atwood, Torch Airport, Eastport - 17 mile

Day 5/May 5

Eastport to Elk Rapids - 16 miles

Day 6/May 6

Elk Rapids to Traverse City - 17 miles

Day 7/ May 7

Traverse City to Kingsley, Summit City - 18 miles

Day 8 / May 8

Summit City to Meauwataka - 15 miles

Day 9 / May 9

Meauwataka to Tustin/Diamond Lake - 21 miles

Day 10 / May 10

Tustin/Diamond Lake to Reed City - 16 miles

Day 11 / May 11

Reed City to Roger's Dam Pond - 18 miles

Day 12 / May 12

Roger's Dam Pond to Howard City - 17 miles

Day 13 / May 13

Howard city to Pierson, Sand Lake, Cedar Springs, Rockford - 20 miles

Day 14 / May 14

Rockford to Northview, Grand Rapids - 13 miles to Wyoming - 4.5 miles - Mission BBQ

Day 15 / May 15

Wyoming to Cutlerville, Wayland - 18 miles

Day 16 / May 16

Wayland to Martin, Plainwell - 16 miles

Day 17 / May 17

Plainwell to Kalamazoo - 12 miles to Eastwood, Richland - 8.9 miles

Day 18/ May 18

Richland to North Battle Creek/Capital Ave - Birds and Beaks Rescue - 20 miles

Day 19/May 19  
Battle Creek to Bellevue, Charlotte - 19 miles

Day 20/May 20  
Charlotte to Potterville, Dimondale, Lansing - 23 miles

Day 21/May 21  
Lansing to Holt, Mason, Dansville - 22 miles

Day 22/May 22  
Dansville to Stockbridge, Chelsea - 24 miles

Day 23/May 23  
Chelsea to Dexter, Whitmore Lake, Island Lake, Milford/Holdens - 36 miles

Day 24/May 24  
Milford to Wixom, Novi, Mission BBQ/Northville - 16 miles - dinner

Day 24/25 / May  
Northville Mission BBQ to Livonia, Farmington, Southfield, Oak Park, - 15 miles – Royal Oak parade - 3 miles