

**TO:** Training Teams (NZ & TP)  
**FROM:** Coach Ron Gunn  
**DATE:** July 18, 2018  
**574.215.4779**

## BIG GAINS ALONG THE RIVER!

**RIVERFRONT NILES:** We had a great day to achieve some solid HOF training gains along the river! We also enjoyed another big turnout of fired up trekkers! Special thanks to Gary "you call I haul" Kachur and to the rangers at Madeline Bertrand and St. Pat's parks and the pro shop at Plym Park. Once again everyone was very generous to the Jog Pot!

**LOVE CREEK:** Our next training session will be at **Love Creek County Park**, west of Berrien Center, Michigan, this **Saturday, July 21**. A lecture on HOF training and an update on the Alpine Crossing hikes will start at **8:00AM** and then hikes ranging from 5 to 16 miles will start at 8:30 AM. The course includes 12 miles of beautiful trails and 4 miles on scenic gravel roads. It looks like the weather is going to be kind to us. Please don't pay your fee at the front desk but please put in the Jog Pot.



**MEET AT:** Love Creek Nature Center, 9292 Huckleberry Rd, Berrien Center, MI 49102

**REHYDRATE AT:** OTI (Old Tavern Inn), 61088 Indian Lake Rd, Niles, MI 49120 (Sumnerville)

(NOTE: It's about a 10 minute drive on county roads from Love Creek park but once there you will be just a 1 minute drive to M51 S. for your departure home.)



**Winners**  
are not people who  
never fail  
but people who  
**never quit.**