

TO: Training Teams, Cairn Alumni &amp; Friends

FROM: Coach Ron Gunn

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**WEATHER LUCK HOLDS AT SAUGATUCK!**

**SAUGATUCK:** My weather luck held as the rain held off for our hike and picnic. Everyone enjoyed the course enhancements and the potluck was very tasty as usual. Jeff Bigler even showed up with his famous dirt pie dessert! Special thanks to Cindy Scharmach and also to my *Cindy Rescue Squad* members John Veersma, Vicky Holoway, Susan Veersma, Marty Flynn and Flo Sasaki. All is well and the Jog Pot was super sweet! *Muchas gracias.*

**POTATO CREEK:** Our next training session will be this **Saturday, September 22 at Potato Creek State Park** just south west of South Bend. **PLEASE NOTE THIS IS A CHANGE OF LOCATION!** The East Race in South Bend was originally scheduled but will be visited later. We will meet at **8 AM at the Boat Rental parking lot** just before the Beach Parking lot. There will be no lecture and no Jog Pot. Participants will have to pay a park fee at the entrance booth.

**I have enhanced our hiking routes** and I am excited that our new courses will include only 3 miles of bike path and the remainder will be beautiful mostly shaded trails. Course distances will include six, 10.5, 16.0, 18.0 and 20.0 miles. I will have the hike set up with the help of Rob Riley and Jay Crouch but I will not be there on Saturday. I am leaving to finalize our big plans for our Mystery Trip. Jay Crouch, Rob Riley, Gary Kachur and Cindy Scharmach will host this hike and I am positive that they will do a great job!

**DIRECTIONS:** Potato Creek State Park, 25601 IN4, North Liberty, IN. Once past the entrance booth turn left (west) and follow park road about 3 miles to the Boat Rental Parking lot. It is just before the Beach Parking lot.

**REHYDRATION:** The Texas Roadhouse, 4635 S. Michigan Street (near Ireland), South Bend. Take US-31 north, on left just after US-20 bypass.

**UP NORTH:** Oh my what a spectacular trip! My weather luck has never been better even in Scotland and our team was outstanding! It was the kind of trip where you think back on each day with very fond memories. Three color *Ron's Inner Mackinac Hike* certificates will be available soon. The sweat top, T-shirts, fudge and dinner and snack treats were greatly appreciated. And the tip was very inspiring and helpful!

**“Be thankful for your life,  
spend time in nature,  
breathe deeply,  
let go of your worries,  
forgive yourself and others,  
and  
build your life  
around what you love.”**

