

TO: Training Teams (NZ & TP)  
 FROM: Coach Ron Gunn  
 DATE: April 25, 2018  
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## TRAMPING TONGARIRO TOUGH!

**BIG ROCK VALLEY:** My good weather luck crashed at this hike but our Cairn Stone trekkers were tramping Tongariro tough and gained valuable callousing and conditioning. What a great hiking experience in Cass County! One benefit was that the rattlesnakes weren't out! Special thanks to Rob "4WD Jeep" Riley, Whitney, Thom and the Ed Lowe Foundation. Thanks also for a strong Jog Pot to thank Big Rock Valley. The Tongariro National Park on the North Island in New Zealand is the home of the World Heritage Site iconic Alpine Crossing day hike.



**POTATO CREEK:** Our next training hike will be this **Saturday, April 28 at Potato Creek State Park** just southwest of South Bend. At **8:00 AM** a lecture on HOF and loading your day pack will take place. At 8:30 AM beautiful hikes ranging from 3, 8 and 16 miles will take start. Shuttle rides will be available at the turnaround at the cemetery.

**IMPORTANT:** Read directions carefully as we start one entrance west at WHISPERING WINDS shelter. I believe you will like this change I made last year! It adds two miles of trails and takes off two miles of bike path.

**DIRECTIONS:** Potato Creek Park, 25601 State Road 4 North Liberty, IN 46554 Enter park, take first left, then second right, follow signs to **Whispering Winds shelter**. Entrance Fee: \$9/car or \$7/car w Indiana plate. There will be no Jog Pot.

**REHYDRATION:** The Texas Roadhouse will be our rehydration station. 4635 South Michigan Street, South Bend, IN 46614



**"It is not the mountain we conquer, but ourselves."**

Sir Edmund Hillary