

TO: Running & Hiking Friends
 FROM: Coach Ron Gunn
 DATE: February 14, 2018

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BEAUTIFUL DAY AT LOVE CREEK!

LOVE CREEK: We had another beautiful day for winter training at Love Creek! We had 96 trekkers enjoy this scenic course and the New Zealand slide show. Special thanks to Thom and Whitney and also Kip and Pat and their staff at Love Creek. Your Jog Pot was awesome and they appreciate our support!

LAKE LAGRANGE: URGENT CHANGE NOTICE! Our site for our upcoming hike this Saturday, February 17 has been changed. Rob Riley and I took a scout trip to the Lakeshore State Park near Chesterton and because of large amounts of snow we don't think it will be ready this Saturday, even if some melting takes place. The weather also calls for a freeze on Friday which could further complicate matters. Therefore I am scheduling Saturday's hike at **Lake LaGrange** east of Dowagiac. We did this a couple of years ago and it worked out well. The session will start at **9:30AM** with a lecture on HOF training, trekking poles and body fat. At 10:00AM beautiful hikes around Lake LaGrange and Kelsey Lake will start. The hike distances will be 11.4, 10.6, 6.8 and 4.0 miles. Our host will be **Lindy's Restaurant**, a Roadrunner tradition since the early 80's. The courses are scenic, quiet roads and has one great hill. And of course rehydration will be at Lindy's which even features a Roadrunner Pizza. It is a vegetarian pizza on whole grain crust. Thanks for *hanging loose*.

DIRECTIONS: Lindy's Restaurant, 57983 M-62, Cassopolis, MI 49031 [MAP](#)

JOG POT: There will be no Jog Pot this weekend. You guys have been great! All I ask is that you patronize this great roadhouse or thank Danielle for opening up early for us.

UPDATED SCHEDULE: The National Lakeshore hike will be rescheduled for May 12. The Roadrunner Trails hike will be moved to June 23. The Kal Haven hike will be rescheduled later as a bonus hike. (Revised schedule attached)

AMANDA'S HIKE: I am organizing a fund raising run and walk for Amanda Stanley on **Saturday, April 7** on Roadrunner Trails starting at the Dowagiac Elks Club. Amanda and her mother Dawn are good friends and they have been very supportive for our programs. Amanda is a junior at Grand Valley University and is doing a humanitarian mission to South Africa. There will be no Jog Pot for this bonus hike but I hope that everyone attending would consider putting a couple of smackers in the pot. Complete details attached.

DIRECTIONS: Elks Golf Course, Hill St. & Riverside Dr., Dow.

LAST TRAINING NEWSLETTER: Beginning with the next newsletter in two weeks we will **email only to those training** with us this year. The mailing will go out to all **New Zealand** candidates and everyone signed up as a **Training Partner**. Everyone will continue to be informed of open events and new travel opportunities. We try not to send out unwanted emails – we all get enough junk mail.

