

TO: Running & Hiking Friends
FROM: Coach Ron Gunn
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A PRISTINE WINTER WONDERLAND IN NILES!

NILES RIVERFRONT: I knew it would be a great hike when repainting the course early in the morning that the flag was hanging straight in the Morris Farms area. No wind combined with fresh powder made for a beautiful trek. We had a big crew show up including a fired up group of rookies. Special thanks to Whitney, Thom, Jay and the Metzger's (fabulous cookie station). I also appreciated everyone's support of our hosts following the hike. The Jog Pot was great and Massimo and Sarah were very impressed with our group.

SISTER LAKES: Our next training session will be this **Saturday, January 20** starting at *The Strand* in Sister Lakes, 15 miles northwest of Dowagiac. A very important lecture on equipment, HOF training and New Zealand will start at **9:00AM**. The new outdoor outfitters store in St. Joseph – [Wanderlust](#) – will be present with a display of equipment. At 10:00AM hikes ranging from 5.2 to 8.6 miles will be conducted on the quiet roads of Sister Lakes. Views of Little Crooked, Big Crooked, Round, Cable, and Dewey lakes will be included. I am also hoping for a sighting of the infamous *Dewey Lake Monster*. Following the hike I encourage everyone to enjoy fellowship, great food and spirits at the fabulous new Strand. It is a really cool brew pub that is opening early and giving us restrooms and a room for our lecture.

DIRECTIONS: 93415 Co Rd 690, Dowagiac, MI 49047 [MAP](#) [FACEBOOK](#)

“Hiking and happiness go hand in hand (or foot in boot).”

Diane Spicer

