

TO: Running & Hiking Friends  
 FROM: Coach Ron Gunn  
 DATE: January 31, 2018

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## SUPER DAY AT SISTER LAKES!

**SISTER LAKES:** Wow! We had a super day to hike this scenic mid winter course and a huge turnout of 98 trekkers, including several rookies, enjoyed it! The orientation session went very well and we appreciated *Wanderlust* of St. Joseph displaying a wide variety of hiking gear. We are very grateful to *The Strand* for opening early for us and everyone agreed that it was a wonderful rehydration station. Special thanks go to Whitney, Alli, Thom, Dick & Sandy Judd, *Wanderlust* and *The Strand*. I also greatly appreciated the many hikers who patronized *The Strand* - they were very happy!

**LOVE CREEK:** Our next training session will be this **Saturday, February 3** at **Love Creek** County Park near Berrien Center west of Dowagiac. An orientation session will begin at **10:00AM** with my slides of New Zealand. At 10:35AM I will review equipment and the HOF training program. Fleet Feet of Mishawaka will be displaying hiking shoes and other related gear – their staff are trained boot fitters. At 11:00AM hikes ranging 4 to 10 miles will start. There is a chance that we will be able to use the trails depending on the fickle nature of Michigan weather and the melting of compressed ice on the CC ski and Fat Tire bike trails. However, the scenic road course on quiet, winding gravel roads will probably be used. *Hang loose* please – either way it will be a great hike.

**DIRECTIONS:** [Love Creek Nature Center](#), 9292 Huckleberry Rd., Berrien Center, MI 49102  
[MAP](#)

**PARKING FEE** is \$5/car (\$3 Berrien County) – Pay in the *Jog Pot* not at front desk Thank you

**RE-HYDRATION:** (Pending no snow/snowmobiles) **OTI** (*Old Tavern Inn*) 61088 Indian Lake Rd., Niles, MI 49120 [MAP](#)

[7 minutes from the park: R (south) on Huckleberry Rd., L (east) on Pokagon Rd., through yellow flashing light, past 4 way stop at Pucker St. to 2 way stop at Indian Lake Rd., R (south) on Indian Lake Rd. (which turns east) go a few blocks and Indian Lake Rd. goes south again, OTI is 1 block on L ]

