



Saugatuck Picnic & Run/Hike

Mt. Baldhead Park

1:00 PM Potluck Lunch

Labor Day Monday, September 4

- ◆ Bring a dish to share
- ◆ Ron provides: Grilled hot dogs, drinks, plates, napkins, and plastic ware
- ◆ *Jog Pot* for the drinks

1:00 PM Picnic will take place *after the prediction run/hikes* under the pavilion overlooking Kalamazoo lake. This is a long standing tradition with Ron Gunn for those who train and travel with him. The MNRC and Cairn Stone *Ohana* (Family) are all invited. This is a memorable place to run, hike, picnic and ,later, shop.

The well marked course is a beautiful hike through the picturesque Saugatuck and Douglas areas, and along lake Michigan. The course will take you down shady tree lined streets then over the dunes and through the woods to finish at the park. Our *Mt. Hood Trekkers* will want to challenge the **282 steps up Mt. Baldy** (Baldhead) after their hike to build strength, stamina and grit.

Course from 2 to 12.4 mile hikes plus *repeats* up the steps.

Arrival time - DO THE MATH: You must calculate YOUR time to arrive based on your *predicted* finish. But be sure to allow time for repeats up the Mt. Baldy steps before **lunch at 1:00 PM**. *Example:* 10 mile walk at 20 min. pace plus 40 min. on Mt. Baldy steps = 4 hours, so plan to arrive to start by 9:00 AM



DIRECTIONS to: Mount Baldhead Park, Park Street, Saugatuck, MI 49453 [MAP](#)

General: I-196/US-31 North to the 2nd exit for Blue Star Hwy North to Ferry Street (becomes Park St.) to the Park (look for Mt. Baldhead sign), park in the sand lot parking area. Restrooms are there. (Note: Ferry Street forks to the left as Blue Star hwy curves right just past 130th Ave. If you miss this look for W. Center street, left to Ferry st., right on Ferry)

From Dowagiac: West on M62 to M140 North (R), M140 to I-94 West (L), I-94 to I-196/US-31 North, to 2nd exit for Blue Star highway, North on Blue Star highway (see *General* above).

From Kalamazoo: West on I-94 to I-196/US-31 North to 2nd exit for Blue Star highway, North on Blue Star highway (see *General* above).

From South Bend and Niles area's: US-31 North to Napier Ave., West (L) on Napier to I-94/US-31 North, to 2nd exit for Blue Star highway, North on Blue Star highway (see *General* above).

