

TO: Training Teams
FROM: Coach Ron Gunn
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SUPER SCRAMBLE AT SWISS VALLEY!

SWISS VALLEY: I have always said that training for the elite hikes in the Grand Canyon is not a cakewalk. This was very true at this year's Swiss Valley challenge. As this unmaintained course ages there is more scrambling required and an unexpected water hazard led to some extra effort and backcountry judgment. Everyone's attitude was terrific and much valuable HOF on hills was picked up by our large turnout. Special thanks to Thom, Gary and Whitney and of course Jim and Linda at Swiss Valley. They had a terrible year but were very cooperative with us. Your very generous Jog Pot supplied them with a very nice thank you!

POTATO CREEK: Our next training session will be this **Saturday, April 15** at Potato Creek State Park, just southwest of South Bend. A very important lecture on Fuel for the Canyon will start at **8:00AM** and at 8:30AM hikes ranging from 5.8 to 15 miles will be conducted in this beautiful park. I am pleased to upgrade the hike this year to 11 miles on lovely well maintained trails and just 4 miles on the scenic bike path. The 7.3 mile hike from Whispering Winds to the Porter Rae Cemetery is a wonderful hike. Gary "You Call, I Haul" Kachur will provide a shuttle service from this aid station back to the start. There is no **Jog Pot** collection due to the park entrance fee. (\$7/car Indiana res. & \$9/car non-res.)

IMPORTANT: New meeting location. Read directions carefully as we start one entrance west at WHISPERING WINDS shelter. I believe you will like this change!

DIRECTIONS: Potato Creek Park, 25601 State Road 4 North Liberty, IN 46554 [MAP](#)
Enter park, take first left, then second right, follow signs to **Whispering Winds shelter**.

TEAM MEMBER PHOTOS: I am really excited about our 2017 teams. Starting with this hike I am going to take photos of as many of our team members as possible and then post them with a brief bio at our future hikes. I think this will help our *ohana* (Hawaiian for family) galvanize quicker.

DEVIL'S LAKE: The Cairn Stone vets are signing up early to be sure to get a seat on the bus. "Get on the bus, Gus!"

