



**TO:** Training Teams  
**FROM:** Coach Ron Gunn  
**DATE:** March 1, 2017

# 2017

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## GREAT DAY AT THE DUNES!

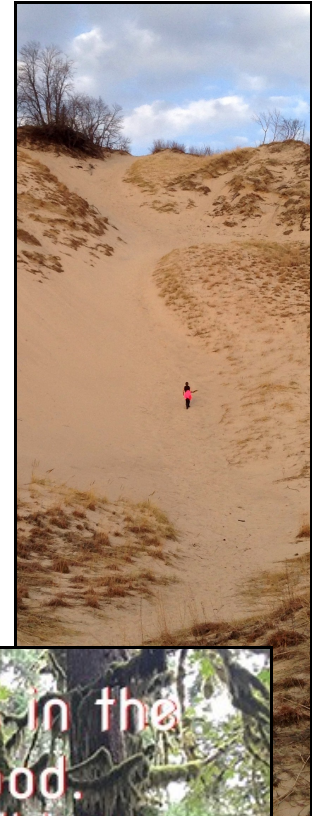
**INDIANA DUNES:** Lots of good training was accomplished on this challenging course in wonderful spring like weather. Special thanks to Rob, Larry, Jay, Lee and Thom for their extra effort in organizing and executing this hike while I was in New Zealand.

**GRAND MERE:** Our next training session will be at **Saturday, March 4<sup>th</sup>**, at the **Grand Mere State Park** near Stevensville, MI. At **9:00AM** a lecture on HOF training, stretching, and emergency procedures will be held and at 9:30 hikes of 4.6, 5.2, 6.5 and 12.5 will be conducted on the beautiful trails of Grand Mere. We will start at Rotary (North Lake) Park off Grand Mere Road. Suggested rehydration is at [Round Barn Public House](#), 9151 1st St, Baroda, MI 49101 [MAP](#)

**DIRECTIONS:** North Lake Park, 3600 Grand Mere Rd., Stevensville, MI 49127 [MAP](#)

After exiting I-94 (exit 22) continue west on Grand Mere Road (do not turn L on Thornton Dr.) .3 miles to North Lake Park. From John Beers road continue west across I-94 overpass where the road name changes to Grand Mere road, continue 3 miles to North Lake Park. (No park fee)

**RESTROOMS:** (Sorry, the toilets are still closed for the winter at this park) Vault toilets available in the State Park at 1.1 miles on our course or stop en route. Options: stop at Grand Mere State Park (Thornton Rd. entrance) to use the vault toilets or stop on W. John Beers road at the stop light on Cleveland road (near Lakeshore high school) where there is a gas station & a Walgreen's Drug Store (at 1710 W. John Beers).



It's impossible to take a walk in the woods and be in a bad mood.  
Unknown

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