

TO: Training Teams
FROM: Coach Ron Gunn
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SUPER AT SPUD!

POTATO CREEK: A big turnout at Potato Creek built good HOF on a beautiful day. I am pleased that the revised course featuring more trail was well received. Special thanks go to Kathy Flynn, Jeff Gunn, "You Call, I Haul" Gary Kachur and Marlin Schmidt.

BIG ROCK VALLEY: Our next training session will be this **Saturday, April 29** at Ed Lowe's Big Rock Valley just northeast of Cassopolis, MI (on Decatur Road). A lecture on hike choices at the Grand Canyon will start at **8:00AM** and beautiful hikes of 4.6, 6.6, 8.7, 10.0, 12.3 and 16.3 miles will start at 8:30AM. Don't miss this wonderful venue. We are very lucky to be the guests of the Ed Lowe Foundation. They are great stewards of over a 1,000 acres of woodlands and natural prairie.

There are a couple of spots where trekking poles will be useful. We will meet at the Heritage House and signs will direct you once you are on the property. Also, please remember that we are invited guests and access to the trails is by invitation only. I am sure that everything will go well and that we will be good stewards of the land and that we will be invited back. [[Edward Lowe Foundation's Big Rock Valley](#)]

DIRECTIONS: Ed Lowe Foundation, 58220 Decatur Rd., Cassopolis, MI 49031 [MAP](#)

REHYDRATION: Harley's, downtown Cassopolis (across from 5/3rd Bank, next to VFW).

LECTURES: Please note that all lecture notes are posted on my website (Menu: Team Login/Lecture Notes). Last week's lecture on *Fuel for the Canyon* was very important and I highly encourage anyone who missed it to review those notes.

TEAM PHOTOS: We are off to a good start on my *Meet the Team* photo board. It will be available at lectures starting this weekend and I hope to add more photos during this hike.

HOLY TOLEDO: This mini trip is a great value and features some great low level hikes. There is still time to get on the bus. See attached.

