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## SOLITUDE AT SAUGATUCK!

**ZIG ZAG BONUS HIKE:** We had a small but fired up turnout at our bonus hike in Saugatuck. Getting to the hike was a bit dicey and I understand why we didn't have a big turnout. For the most part, the course was white solitude with breezy spots at Mt. Baldy and The Crow's Nest. **Special thanks** to Jay and Kathy Crouch for their huge help in setting up the course.

**ALOHA HIKE:** Our **43<sup>rd</sup> Annual Aloha Run and Hike** is scheduled for **Sunday, January 1** starting at **10:00AM** at the **Elks Lodge** in Dowagiac. Because of uncertain weather conditions we will set up the 7.1 mile *Hike The Jack* course that features the grand mansions and sculptures of Dowagiac. If everything clears up on the trails we will set up a 7.2 mile course on *Roadrunner Trails*. This year's hike will start and finish at the Elks Lodge which has clean, modern restrooms.

**POTLUCK:** For those interested we will have a potluck meal at 2:30PM. If you want to participate please bring a dish to pass. There will also be a cash bar. We will accept donations in the *Jog Pot* for the Elks charity for Veterans. I really look forward to seeing everyone and enjoying the fellowship. Please review the attached ALOHA flyer.

**2023 PNW UPDATE:** I am working hard on finalizing plans for the Pacific Northwest trip. Thom has been very helpful in getting out the lodging and charter bus bids. The airlines are a real challenge but hopefully everything will be finalized soon.

**HEALTH UPDATE:** I am also pleased that I am tentatively scheduled for minimally invasive surgery on January 19. I welcome your prayers.

**"Fire Up for a year full of joy and abundance!"**

Coach Gunn

