

TO: TRAINING TEAMS
FROM: COACH RON GUNN
DATE: March 2, 2023
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MADELINE BERTRAND BLESSES CAIRN TREKKERS!

M. BERTRAND: We had 92 fired up hikers enjoy a good day on the well maintained trails! Special thanks goes to Jay and Kathy Crouch, Larry Lies, Heather Birky and Gary Kachur.



POKAGON: Our next training hike will be this **Saturday, March 4 at Pokagon State Park** near Angola, Indiana. Hikes of 7.9, 10.0 and 12.6 miles will start on the west side of the *Potawatomi Inn* (see course map). There are modern restrooms at the start and there will be no Jog Pot. There will be a short lecture on training and a *Pacific Northwest* trip update at **10:00AM**. **Park entry fees** are \$7 for Indiana residents and \$9 for all others. This is a wonderful hike and is well worth the drive. It is 76 miles and an hour and twenty minutes from Niles. Many of our hikers are staying overnight at the *Potawatomi Inn*. **DIRECTIONS:** MAP attached and DRIVING MAP LINKS to the park and bistro in your email. **REHYDRATION:** My favorite rehydration spot is the *Waterfront Bistro* (3945 N 300 W, Angola, IN).

