

TO: TRAINING TEAMS  
FROM: COACH RON GUNN  
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## SUPER JOB AT SPUD CREEK!

**POTATO CREEK:** We had almost 100 trekkers show up at Potato Creek for our double header opportunity. Special thanks to Jay and Kathy, Rob and Gary for their help.

**SWISS VALLEY:** Our next training hike will be this **Saturday, April 15 at Swiss Valley Ski Area**. This is a revival of one of our toughest hikes after a two year hiatus and I am excited about it. There will be a **lecture at 8:30AM** on the proper use of trekking poles and a very informative update on the hiking options at Mt. St. Helen. The hikes will serve all abilities, not just our elite hikers, and will range from 5.7 to 22.7 miles. I will go over all of your Mt. St. Helen options on Saturday.

At 9:00AM we will start hikes ranging from 2.3, 9.5, 12.7 and 15.3 miles. You will enjoy the wild flowers beginning to blossom in the forest. Note this hike takes place on private property and is not available to hike at any other time. Please come for the scheduled start of this hike. We are guests of our hosts at Swiss Valley and your cooperation is appreciated.

**DIRECTIONS:** The entrance to Swiss Valley is 2.5 miles north of M-60 on Patterson Hill road.

**DRIVING MAPS:** Find DRIVING MAP LINKS to the hike and the restaurant in your email.

**REHYDRATION STATION:** *The Friendly Grill & Tavern* in nearby Jones, Michigan (10 minutes)

