

TO: Grand Canyon Trekkers & Training Partners  
FROM: Coach Ron Gunn  
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## HIKERS PREVAIL AT BONUS HIKE!

**LAWLESS PARK:** I was disappointed with our turnout at this bonus hike but we did have 31 fired up hikers who actually enjoyed a very good day to hike. We had a little light rain and no hard wind on this beautiful course. Special thanks go to Scott Wyman and Jay Wade of the Cass County Parks who helped me lay out the course. Also special thanks to Larry and Terri Lies who hiked the course early to paint all the mile markers for this new 8.4 mile express loop. And Dan Metzger made a big batch of his very tasty cookies for my aid station and the finish. We will also enjoy these cookie at Pokagon. I appreciated all those who contributed to the Jog Pot and attended our rehydration station at the cool Holden Green.

**POKAGON STATE PARK:** Our next training hike will be this **Saturday, March 26 at Pokagon State Park** near Angola, Indiana starting at **10:00AM**. I will have a **lecture on *Fuel for the Canyon*** before we tackle this beautiful and challenging all trail course. Courses of 5.0 and 12.9 miles will be offered. I will attempt to set up an aid station at the 7.4 mile mark. There will be no Jog Pot as an entry fee will be charged (\$7 IN, \$9 Out of State). Modern restrooms are available at the start/finish and at 4.3 miles (also water).

**DIRECTIONS:** Pokagon State Park, park in lot near Potawatomi Inn. Lecture in parking lot or Inn. (Take exit 354 from I-69 S, take IN-727 to park entrance. Look for State Park signs.)

**REHYDRATION:** A rehydration station will be announced at the start.

**SCHEDULE UPDATE:** Our next two training hikes are going to flip dates due to Easter activities at Lawless Park. April 9 at Potato Creek State Park and April 23 at Lawless County Park.



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