

TO: Grand Canyon Trekkers & Training Partners
FROM: Coach Ron Gunn
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HIKERS SOAR AT SAUGATUCK!

SAUGATUCK ZIG ZAG: Once again our hikers met with good hiking conditions on both bonus hikes and it made for a good off week training hike. Special thanks to Jay and Kathy Crouch for their outstanding help in both setting up the course and coming back and picking up the course. I appreciate all who attended these hikes.

POTATO CREEK: Our next training hike will be this **Saturday, April 9 at Potato Creek** (this is a change from the original schedule – see current schedule dated March 24). The hikes will start at **9:00AM** and I plan to give an important lecture on *Fuel for the Canyon*. The hiking distances will be 5.2, 8.4 and 13.7 miles on a beautiful all trail layout. There are restrooms near the start and there will be no Jog Pot. Participants will pay a per car entry fee at the park entrance, similar to Pokagon State Park (IN residents \$7, other states \$9).

DIRECTIONS: Potato Creek State Park, 25601 State Road 4, North Liberty, IN 46554 (left after entrance booth, go a few miles, right into Bike/Boat Rental parking lot. We will meet there.

REHYDRATION: TBA

