

TO: Training Partners  
FROM: Coach Gunn  
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## GREAT HUSTLE AT MORRIS FARMS!

**MORRIS FARMS:** A determined group of Cairn Stone Trekkers got the job done on this urban hike. Special thanks to Jay Crouch for his splendid help on the setup and rehydration station. Also a tip of the hat to Erin at the *Iron Shoe* for their hospitality and wonderful food and beverages. I appreciate all those who supported our rehydration station and the Jog Pot.

**POTATO CREEK:** Our next training hike is this Saturday, **February 21 at Potato Creek** State Park southwest of South Bend. We will meet at **10:00AM** at the boat rental parking lot which is just south of the beach area. We are now up to 10.1 miles on our tear and repair progressive overload program. Shorter courses will also be assigned by me at the course briefing (bring your map). Most rest rooms should be open. There will be no Jog Pot as everyone will pay at the gate.

**DIRECTIONS:** 25601 IN-4, North Liberty, IN (Driving map links in email)

**REHYDRATION:** Macri's Italian Kitchen, 315 W. Ireland Rd., South Bend

**WASHINGTON UPDATE:** Updated itinerary attached – there are some good changes! Both trips are at or above 80% and 7 hikers pending a final decision. All the hotels are nailed down and with good prices. We will get the group fare Alaska Airlines tickets by March 1. After these tickets are purchased we can only accept Ground Package registrations (you get your own airline tickets). If you have any questions please contact Thom. 269.462.0683



**“THE NATIONAL PARKS IN WASHINGTON WILL TAKE NO PRISONERS!  
THEY ARE AS TOUGH AS THEY ARE BEAUTIFUL!”**

Coach Gunn