

TO: Training Partners
FROM: Coach Gunn
DATE: March 18, 2026
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QUALITY NOT QUANTITY AT SAUGATUCK

SAUGATUCK: We had a light turnout for our hikes but all in attendance did a great job and made valuable gains that will pay dividends in the Cascade Mountains. Both days turned out to be good conditions for hiking. Special thanks to Jay and Kate for the course setup and to Tom Wisniewski for course pickup.

LOVE CREEK: Our next hike will be **March 21 at Love Creek County Park**. Hikes will start at **9:00 AM** and 5 to 12 mile hikes are scheduled. Please pay park fee in the Jog Pot. Modern restrooms are available in the Nature Center.

DIRECTIONS: *Love Creek County Park*, 9292 Huckleberry Rd., Berrien Center, MI

REHYDRATION STATION: *Indian Lake Pub*, 55986 Indian Lake Rd., Dowagiac, MI



“The Enchantments are one of the most beautiful alpine settings on earth.”

The Mountaineers