



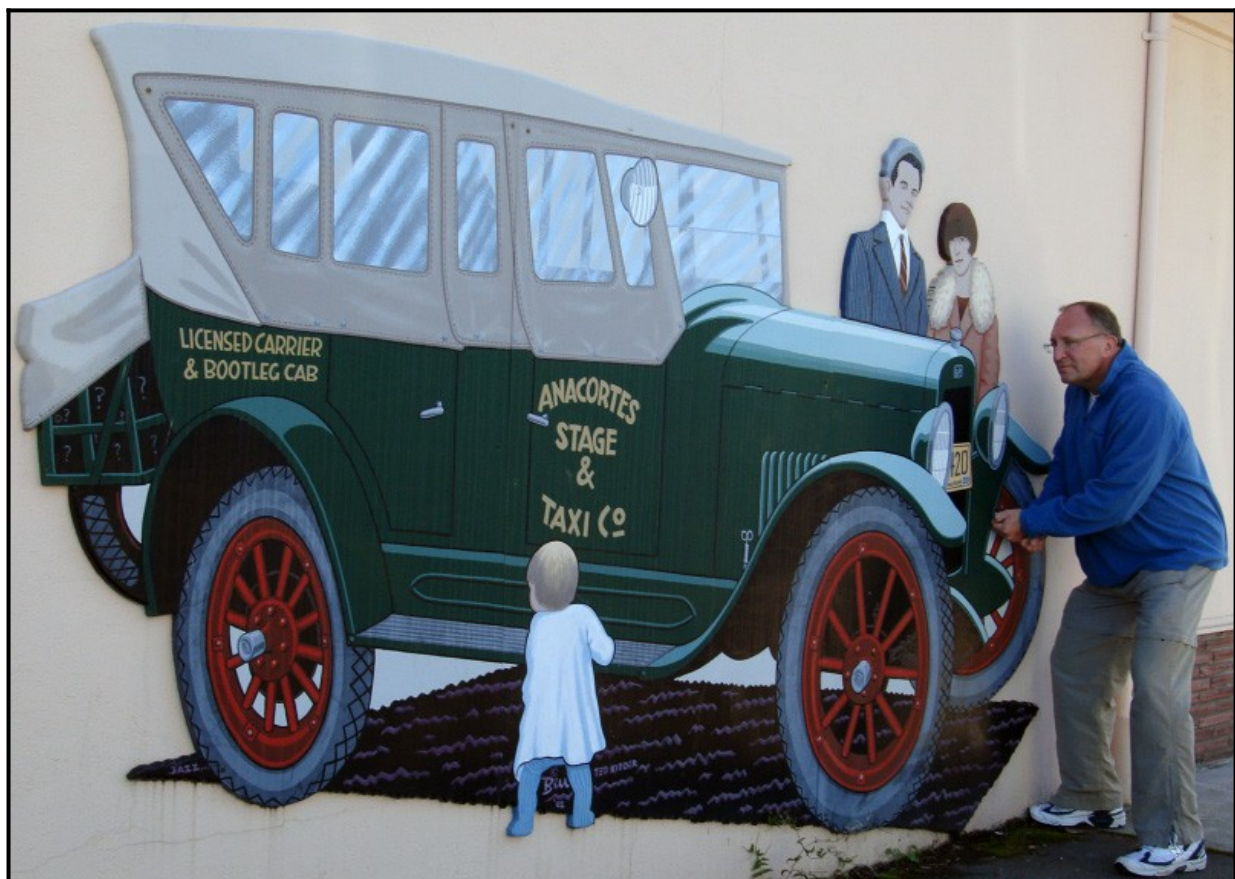
## SOLID GAINS AT POKAGON!

**POKAGON:** We had over 50 trekkers make solid training gains on this challenging course. There were some wet spots but everyone had a great attitude! Special thanks to Larry and Terri Lies for an excellent job of setting up and taking down the course. Also thanks to Doug Geissler for his special assistance, Marty Flynn, and to Heather Birky for her wonderful Old Fashions at the post hike party.

**ROADRUNNER TRAILS:** Our next training hike is this **Saturday, May 2** on *Roadrunner Trails*. We will meet at **9:00 AM at the Dowagiac Elks Club**. I will have a brief update on our TEST HIKE and an important pre hike briefing. The weather forecast for Saturday looks great with sunny skies and a high of 49°. Hikes will start about 9:15 AM from 5 to 15.2 miles.

**DIRECTIONS:** Dowagiac Elks Club, 300 Riverside Dr., Dowagiac (at the corner of Hill Street & Riverside Drive). Please park away from the clubhouse to leave spaces for golfers.

**REHYDRATION STATION:** The *Wounded Minnow* in downtown Dowagiac.



**“A PNW (Pacific Northwest) hike typically refers to trekking through the diverse lush landscapes of Washington characterized by old-growth forests, rugged coastlines, and steep mountain forests. These trails are often marked by mossy, temperate rain forests, high Alpine lakes and volcanic peaks, offering a mix of dramatic, challenging terrain and coastal scenery!”**

**US Forest Service**