



MNRC CALENDER JULY 2009

mondaynightrunningclub.org

JUNE 22nd – 6:00PM Mishawaka Central Park, (just east of Main and E. Mishawaka Ave.)
MAP Potluck hosted by Jeanne Mattei and the Pete & Joyce Fox.

JUNE 29th – 6:00PM Meet at the Old Dock Restaurant parking lot (from Edwardsburg, east on US12 then north on Eagle Lake Road) **MAP**. Ron Gunn hosting. Run or walk Christiana Creek – Drop offs at 1 to 4.5 miles. Re-Hydrate at **Legends Sports Bar** in Edwardsburg.

JULY 6th – 6:00PM Meet at **Dodd Park** to walk and run then a **potluck** hosted by Eileen Foghino, Barb Burton and Bill Fowler.

JULY 13th – 6:00PM Meet at SMC Dowagiac and to Lindy's to Re-hydrate.

JULY 20th – 6:00PM Meet at Jean and Jerry McCarty's for a potluck after our run/walk near Morris Farms in Niles. **MAP**

JULY 29th – 6:00PM Meet at SMC Dowagiac and to Lindy's to Re-hydrate.

2009 & 2010 Coach Ron Gunn Events and Trips

cairstoneadventuretours.com

- **JUNE 19th** Cubs Trip Cubs vs Indians [Details Online](#)
- **JULY 25** [Steve's Run](#) in Dowagiac, MI
- **JULY 28th** Cubs Trip Cubs vs Astros [Details Online](#)
- **AUG 7-9th** Pictured Rocks [Details Online](#)
- **OCT 10th** Sandhill Crane All Trails 1/2 Marathon at Lawless Park [Details Online](#)
- **FALL 2009:** *Best of the West* Grand Canyon VI (2 seats open – *first come, first served*) [Details Online](#)
- **MAY 2010:** *Best of Scotland* Hikes. Space is limited. Contact Ron to sign up - [Details Online](#)
- **FALL 2010:** *Best of the West* Grand Canyon VII
- **FALL 2010:** *Best of the Northwest* – first Pacific Northwest hiking adventure.
- rorgunn3@verizon.net or phone 574-215-4779

The calendar is open for member hosted events from July through the fall. Contact Joan to get on the calendar. We look forward to members hosting both classic and new venues!

Secretary: Joan Gaideski: 269-424-6254 or email: jgaideski@hotmail.com

President: Thom Janssen: 269-462-0683 or email: thomaspjanssen@gmail.com