



# MNRC CALENDER AUGUST 2009

[mondaynightrunningclub.org](http://mondaynightrunningclub.org)

7-28-09 Revision



- AUGUST 3<sup>rd</sup>** – 6:00PM, Meet in Dowagiac at **SMC**, Rehydrate at Lindy;s.
- AUGUST 10<sup>th</sup>** – 6:00PM, Meet in Dowagiac at **SMC**, Rehydrate at Lindy;s.
- AUGUST 17<sup>th</sup>** – 6:00PM, Meet in Niles at **Riverfront Park**, Rehydrate at Riverfront Cafe.
- AUGUST 24<sup>th</sup>** – 6:00PM, Meet at **Tremendous Fruit**, Rehydrate at the **Irish-Spartan Sports Bar** (the old *Indian Lake Pub*) Directions: Indian Lake Rd. and M62 [MAP](#). Hosted by Pennie Eckman and Nancy and Al Potter. **Directions:** On Eureka Rd. west of Bush Lake Rd. and east of M140, north of M62 – [MAP](#).
- AUGUST 31<sup>st</sup>** – 6:00PM, Meet at Janine and John **Lee's home** for a barbeque cookout and **potluck** after our run/walk.. They provide the meats on the grill and the buns. **Directions:** 3181 Detroit Rd. (M60) just NE of Anderson Rd. [MAP](#).
- SEPTEMBER 7<sup>th</sup>** - Annual Club Picnic in Saugatuck – **2:00PM Potluck Picnick** (Ron supplies the *dogs*). Ron will mark **courses from 2 to 12 miles**. Plan your arrival with time to complete your walk/run by 2:00PM. **Directions:** Mt. Baldhead Park, Saugatuck, MI located on Park Street north of Perryman Street. [MAP](#).

**The calendar is open** for member hosted events in early August through the fall. **Contact Joan** to get on the calendar. We look forward to both club member favorites and new venues!

**Steve's Run:** The 2009 Steve's Run set a new record with well over 1300 finishers! The weather was kind as it was relatively cool though the humidity was high – still better than those 90 degree days of the past. The club had a large presence at the race with many volunteers and competitors.

**Great job Ron Gunn and thanks to all the MNRC volunteers!**

**The music stations were great Jean!!**

## 2009 & 2010 Coach Ron Gunn Events and Trips

[View details online cairnstoneadventuretours.com](http://cairstoneadventuretours.com)

- ➔ **AUG 7-9<sup>th</sup> Pictured Rocks** – Just a few seats left!
- ➔ **OCT 10<sup>th</sup> Sandhill Crane All Trails 1/2 Marathon** at Lawless Park
- ➔ **FALL 2009: Best of the West** Grand Canyon VI (2 seats open)
- ➔ **MAY 2010: Best of Scotland** Hikes. **Space is limited. Contact Ron to sign up -**
- ➔ **FALL 2010: Best of the West** Grand Canyon VII
- ➔ **FALL 2010: Best of the Northwest** – first Pacific Northwest hiking adventure.
- ➔ Contact Ron: [rorgunn3@verizon.net](mailto:rorgunn3@verizon.net) or phone 574-215-4779

**MNRC TATTOO (Top):** See Al Potter for this arm/leg decoration before your next race event.

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