



MNRC NEWSLETTER DEC 2009

MondayNightRunningClub.org



WINTER SCHEDULE (until the Spring Time Change)

1st, 2nd, 4th & 5th Mondays 6:00 PM Meet at SMC Dowagiac. Rehydrate at Lindy's.

3rd Mondays 6:00PM Meet upstairs at Riverfront Cafe, Niles. Rehydrate there too.

DEC. 14th CHRISTMAS PARTY (All current and past members welcome)

WHERE: Elks Club, Dowagiac. Corner of Hill St. and Riverside Dr., Dowagiac

WHAT: Potluck dinner and gift drawing. Get on Joan Gaideski's list for what food to bring. Gift suggestion is \$10 minimum. Gift drawing will determine exchange as in past years. [Contact Joan – jgaideski@hotmail.com 269.424.6254]

WHEN: 6 – 7PM Cash bar, fellowship.

7PM Dinner

8PM Entertainment followed by gift drawing.

DEC 12: Special Training Event 10:30AM: Coach Gunn is hosting a Run/Hike of 4 to 8 miles. Meet at The Livery microbrewery in Benton Harbor. 190 5th St. BH

JAN 1: 30th Aloha Hawaiian Fantasy Run/Hike 10:30AM: Meet at St. Paul's church. 3 – 7 mile courses. 306 Courtland, Dowagiac

MNRC WEB SITE: New Calendar and Map pages! [[Online Maps](#)]

2009 & 2010 Coach Ron Gunn Events and Trips

View details online: CairnStoneAdventureTours.com

MAY 2010: Best of Scotland Hikes. ~ **MAY 2011: Best of Scotland** Hikes. ~

FALL 2010: Best of the West Grand Canyon VII ~ 9 day hiking adventure.

FALL 2010: Best of the Pacific Northwest – 9 day hiking adventure.

Check the [Calendar](#) page on Ron's web site for Information meeting dates. Contact info: rongunn3@verizon.net or phone 574-215-4779 or email Thom to get on Ron's email list for any of his trips or events. You will be contacted first when they open for deposits.

CONGRATULATIONS

Annette and Carl on your new marriage!
Wishing you all the best in your new life together
and your new home.



Secretary: Joan Gaideski: 269-424-6254

President: Thom Janssen: 269-462-0683

VicePresident: Annette (Boyce) Woldrich

or email: jgaideski@hotmail.com

or email: thomaspjanssen@aol.com

Treasurer: Barb Miltenberger