



MNRC NEWSLETTER OCT 2009R2

mondaynightrunningclub.org



OCT. 5th **Thanks to:** Chris and Diane Fox's for hosting a great event!

OCT. 12th **6:00 PM** Meet at SMC Dowagiac. Rehydrate at Lindy's.

OCT. 19th **6:00 PM** Meet at Frank and Judy James' for woods and great trails – **bring NO food.** Suggested \$5 donation (or more) will be collected and presented to Al and Nancy Potter as a gift. **THIS IS A SURPRISE PARTY FOR AL & NANCY.** Bring old photos of good times with them and your best stories.
[MAP] 45721 70th St., Hartford, MI 49057

OCT. 26th **6:00 PM** Meet at Ray and Eleanor Janssen's for country roads or fields followed by a potluck feast around the bonfire. Halloween costume is optional.

[MAP] 51318 Glenwood Rd. Dowagiac, MI 49047

November and December all meetings at SMC Dowagiac except the 3rd Monday meets in Niles. After the Fall Time Change we will meet upstairs at the Riverfront Cafe.

2009 & 2010 Coach Ron Gunn Events and Trips

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

- **MAY 2010:** *Best of Scotland* Hikes. Trip is filled. Wait list spots available.
- **FALL 2010:** *Best of the West* Grand Canyon VII – This trip will fill early.
- **FALL 2010:** *Best of the Northwest* – first Pacific Northwest hiking adventure.
- 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.

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

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