



MNRC NEWSLETTER MAY 2010

mondaynightrunningclub.org



- **MAY 3 – 6:15PM, Holland Tulip Festival:** Annual Club Event, Hosted by Joan Gaideski - 7:00PM Dutch dancers at Centennial Park
MORE: [Holland Tulip Festival Brochure](#) [MAP](#)
MEETING: Hope College Dow Center, 168 East 13th St. (13th and Columbia) Holland
DIRECTIONS: US31 or Blue Star Hwy north to Holland, stay on US31 to 16th St., Left to Columbia, Right to 13th, Right on 13th street, park east of building in north lot.
OR
 US31 or Blue Star Hwy north to Holland, take Business 31/196 to 16th St., Right to Columbia, Left to 13th, Right on 13th street, park east of building in north lot.
 Dow building is on the corner of 13th and Columbia.
RE-HYDRATE: 8th St. Grill at 20 W. 8th Street.
- **MAY 10 – 6:15PM,** Hosted by Joyce Smallidge – Celery Flats – Meet at **Portage Public Library parking lot** - **ADDRESS:** 306 Library Lane, Portage, MI [MAP](#)
DIRECTIONS: East 1 block of Shaver Rd. on Centre St., then north on S. Westnedge then right on Library Lane to parking lot.
RE-HYDRATE: at *Bud's Bar* in Schoolcraft [MAP](#) (East side of US131 between E. Clay and E. Cass Streets in downtown Schoolcraft)
- **MAY 17 Niles Riverfront Park:** Meet in shelter at **6:00PM.** Rehydrate at Riverfront Cafe.
- **MAY 24 – Dowagiac SMC Lyons building RM 141 and Lindy's**
- **MAY 31 (Memorial Day) – NO MEETING**
 - **JUN 7 – 6:00PM, Back at SMC in Dowagiac** – The trails should be perfect!
RE-HYDRATE: at Lindy's restaurant.
- **HOST A MEETING:** The calendar is wide open for the summer.. Contact Joan.

2010 Coach Ron Gunn Events and Trips

Details online at: cairnstoneadventuretours.com

APR-MAY 2010: *Best of Scotland* Hikes. Trip departs Wed. April 30th.

SEP 2010: *Best of the Northwest* – first Pacific NW hikes. Seats available

OCT 2010: *Best of the West* Grand Canyon VII – Seats available.

TRAINING HIKES: MAY 1 Potato Creek Park, MAY 16 Elks Club – RR trails, JUN 4-6 Devil's Lake, WI Seats available, JUN 19 Niles Riverfront Park

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 as they open.

Secretary: Joan Gaideski: 269-424-6254	or email: jgaideski@hotmail.com
President: Thom Janssen: 269-462-0683	or email: thomaspjanssen@aol.com
Vice President: Annette Boyce	Treasurer: Barb Miltenberger