

CAIRN STONE 2024 TRAINING NEWSLETTER

TO: THISTLE TREKKERS & TRAINING PARTNERS
FROM: COACH RON GUNN
DATE: March 13, 2024
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TREKKERS NAIL IT AT POKAGON!

POKAGON STATE PARK: We had a big turnout attack this beautiful all trail layout and reap valuable training gains. A scheduled burn on Friday and the closing of the Beachwood Preserve disrupted our setup and final mileage. Sorry about that but my course set up volunteers Larry and Terri and Jay and Kathy did a great job of making adjustments and marking the course. I also wanted to thank the *Trip Three Gang* for the great post race party and exciting ride back to my room.

LAWLESS PARK: Our next training hike will be at **Dr. T. K. Lawless County Park** near Vandalia and Jones, Michigan this **Saturday, March 16**. We will start at **8:30AM** with a short lecture on stretching for hikers presented by Cairn Stone star, Dave Yugo. There will be a trip update and a course briefing. Hikes of 13.1, 8.0, 6.2 and 3.1 miles will be set up on this beautiful challenging all trail course and will start at 8:50AM. [Please pay your park fee into the Jog Pot at sign in.]

REHYDRATION: The rehydration station will be the *Friendly Grille and Tavern* in nearby Jones, MI..

DIRECTIONS: Lawless Park, 15122 Monkey Run, Vandalia, Michigan (map link in email)
The Friendly Grille and Tavern, 12355 M-60, Jones, MI

SCOTLAND: Thank you for your patient understanding. It has taken from November to today to secure all our hotels for the first two trips. Look for a final price announcement in about two weeks and I will have details at our briefing Saturday.

