

# CAIRN STONE 2024 TRAINING NEWSLETTER

TO: THISTLE TREKKERS & TRAINING PARTNERS  
FROM: COACH RON GUNN  
DATE: February 15, 2024  
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## STRONG EFFORT AT MADDY'S AND ST. PAT'S!



**MADLINE BERTRAND:** We had a great February day to hike these beautiful trails and a toboggan hill. We had a big turnout of 114 Cairn Stone Trekkers. Special thanks to Jay and Kathy Crouch, Larry Lies and Gary Kachur and to the staff of Madeline Bertrand Park.

**ROADRUNNER TRAILS:** PLEASE NOTE VENUE CHANGE! Our hike site has been moved to Roadrunner Trails with the start and finish at the Dowagiac Elks. An indoor lecture on training, trekking poles and trip updates will start at 9:00AM. Hikes of 6.5, 8.0, 9.0 and 11.1 miles will be offered. Also warm, modern restrooms will be available. I am pleased that we are able to continue to train on trails this early in the season. I am also going to take photos in order for me to learn who our great rookies are sooner.

**REHYDRATION:** We will rehydrate at the Oak and Ash Barbeque in downtown Dowagiac.

**DIRECTIONS:** Elks Lodge, 300 Riverside Drive, Dowagiac, MI [corner of Riverside Drive & Hill Street]  
Oak and Ash, 109 South Front Street, Dowagiac, MI [Parking in rear off Depot Drive]



**DEVIL'S LAKE:** The flyer for this classic trip went out two weeks ago. I am fired up about going back to one of our best destinations for the first time since 2017! [Note: if you paid by credit card you also need to send in the registration form at the bottom of the flyer.]

**“The World Reveals Itself To Those Who Travel On Foot.”**  
Werner Herzog