

CAIRN STONE 2024 TRAINING NEWSLETTER

TO: THISTLE TREKKERS & TRAINING PARTNERS
FROM: COACH RON GUNN
DATE: January 18, 2024
574.215.4779

Ron@CairnStoneTours.com



LOVE CREEK IS A GREAT KICKOFF!

LOVE CREEK: Our inaugural training kickoff got off to a great start on the trails of *Love Creek County Park*. Usually we are not on the trails in January so this was a real bonus. We had over 100 show up for the lecture and hikes on beautiful, well marked trails. **Special thanks** to Marty and Kathy Flynn and Dave Dits. Derek Pelc and his staff at Love Creek also provided a big boost and really appreciated your very generous JogPot contributions!

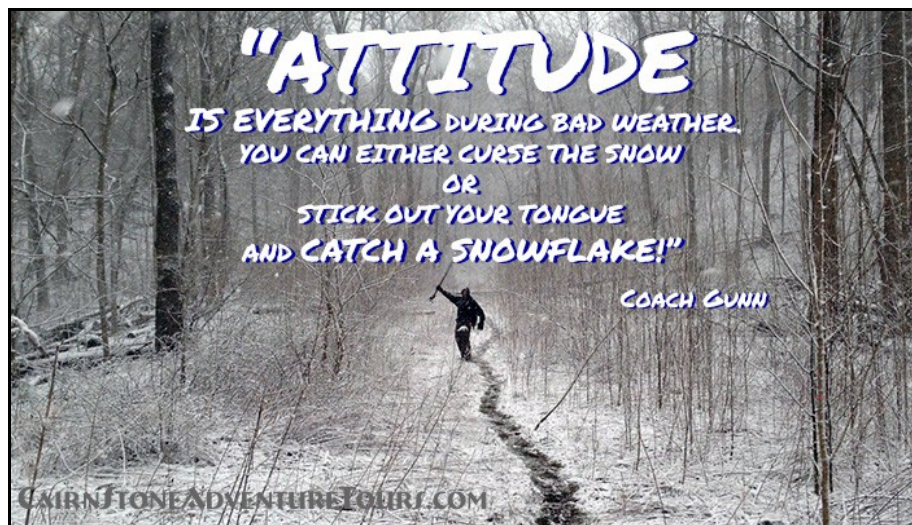
HIKE VENUE CHANGE: IMPORTANT! **Please note this venue change:** NILES RIVERFRONT, MORRIS FARMS & ECHO VALLEY.

NILES, MI: I am moving our training hike to one of our best winter road courses. This is necessary because of cold, snowy weather conditions. With the help of Jay Crouch, I have secured the wonderful *Iron Shoe Restaurant and Distillery* in Niles for our meeting place. They will have a special room ready for us for a warm lecture and also provide clean warm restrooms. We will start at **9:00AM** for a lecture on winter hiking strategies, use of trekking poles and a Scotland and Devil's Lake update (sorry I cut those short at the last lecture). At 9:30AM we will start hikes of 10.8, 8.7, 7.7, and 5.5 miles on beautiful, basically quiet traffic roads.

REHYDRATION: The *Iron Shoe* will be a great spot to meet and rehydrate and we are going to need your cooperation. Please don't park in front of the restaurant as we don't want to scare customers away when they open at 11:30AM. There is plenty of nearby parking on the street or nearby parking lots. These parking lots are shown on the **course map** we'll email to you on Friday. [Please print a course map and bring with you.]

RSVP: For very important planning purposes **I am asking everyone** who is coming and staying for rehydration to contact me – the Iron Shoe needs a headcount. **THANK YOU FOR YOUR ANTICIPATED COOPERATION!!!** Ron Gunn, **Ron@CairnStoneTours.com** 574.215.4779

DIRECTIONS: Iron Shoe, 3 N 3rd St, Niles, MI [Check out their website (link in the email).]



"I am excited about this weekend's training hike and I look forward to seeing everyone. Don't forget to contact me." ❤️

Coach Gunn