

CAIRN STONE 2024 TRAINING NEWSLETTER

TO: THISTLE TREKKERS & TRAINING PARTNERS

FROM: COACH RON GUNN

DATE: March 27, 2024

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LAWLESS WAS AWESOME!

LAWLESS PARK: We had 96 Cairn Stone Trekkers enjoy a beautiful day to hike this wonderful all trail course! Many of our hikers finished the ½ marathon layout! Special thanks go to Scott Wyman and Jay Wade who had the course prepared and marked very well and also provided a fine fire. Gary did a great job at the bridge aid station and Dave Yugo provided a very informative mini session on stretching for hikes. Also the Jog Pot was phenomenal and your support keeps us inspired!

POTATO CREEK: Our next training hike will be this **Saturday, March 30** at **Potato Creek State Park** south of South Bend. Hike distances of 14.1, 8.7 and 5.2 miles will be set up on the beautiful and popular all trail course. We will meet at the boat rental parking lot at 9:00AM for an important Scotland update and a hike briefing. We should be on the course by 9:15AM facing temps in the mid 40's and possible rain.

REHYDRATION: The rehydration station will be announced at the start.

DIRECTIONS: Potato Creek State Park, 25601 State Road 4, North Liberty, IN (left after entrance booth, go about 4 miles, right into **Boat Rental parking** lot.) [Entrance fee: \$7 Indiana, \$9 others]

TEAM PHOTOS: I will take team photos of everyone, preferably in groups. We have a great rookie class this year and I need to learn everyone's names. This really worked for me when I had large extreme sports classes at SMC and I appreciate your cooperation. These photos will be taken during the hike. I plan to share this information later.

