

# CAIRN STONE 2024 TRAINING NEWSLETTER

TO: THISTLE TREKKERS & TRAINING PARTNERS  
FROM: COACH RON GUNN  
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## CAIRN STONE HIKERS REAP REWARDS ON ROADRUNNER TRAILS!

**ROADRUNNER TRAILS:** We had a big turnout gain valuable conditioning on Roadrunner Trails. **Special thanks** go to Jay and Kathy Crouch, Larry Lies, Gary Kachur, and Beth and Thom Janssen. Once again we were very fortunate to enjoy an early season hike on an all trail venue. The support of the Jog Pot was needed and it was awesome! *Thanks to all who padded the pot!*

**POKAGON STATE PARK:** Our next training hike will be this Saturday, March 2 at Pokagon State Park near Angola, Indiana. It will start at 10:00AM and will offer beautiful all trail courses of 5.0, 9.5, 10.0 and 12.0 miles. We will meet at the Potawatomi Inn for a short update and important course briefing. They have modern restrooms. The weather forecast looks good with sunny skies and temps trending toward 60°.

**REHYDRATION:** The rehydration station will be announced at the course briefing.

**DIRECTIONS:** Potawatomi Inn, Pokagon St. Park, Angola, IN (East on I-90 or I-94, S on I-69 to park)

