

CAIRN STONE 2024 TRAINING NEWSLETTER

TO: THISTLE TREKKERS & TRAINING PARTNERS

FROM: COACH RON GUNN

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CAIRN STONE HIKERS ENJOY BEAUTIFUL OUTING AT MORRIS FARMS!

MORRIS FARMS: For those hikers who were able to get to Niles this turned out to be a beautiful experience. No wind plus fresh powder added up to a real unusual treat as we had about 40 intrepid hikers check in to the lecture and the training hike. Many also enjoyed the wonderful *Iron Shoe Distillery* for a tasty lunch. Many thanks go to Jay for his help in setting up the course and to the staff at the Iron Shoe for their great hospitality. I also want to thank all the hikers who stopped to help me with my “*cinnamon roll*” incident. What a *bonehead* move by me!

HIKE VENUE CHANGES: FEB 3, NILES, Madeline Bertrand Park. FEB 17, TBD.

NILES, MI: We have another venue change for this hike. We will meet at **Madeline Bertrand Park** south of Niles at **9:00AM this Saturday, February 3**. A lecture on trekking poles and trip updates will be held and at 9:25AM hikes of 3.5, 6.1, 10.0 and 11.1 miles (extra credit) will be offered on this all trail layout. Again we are very fortunate to be able to do a trail hike this early in the season. The gate at the park will open at 9:00AM, one hour early for us. I might add that I kept our Cairn Stone promise and made a \$70 donation to their stolen Madeline Bertrand statue. The park will collect admission and I will also have the JogPot out. They have warm, modern restrooms. Presently the weather forecast for Niles is 50° with a chance of sun! [Park fee per vehicle: \$3 Berrien County, \$5 others]

REHYDRATION: The *Iron Shoe* did a great job and will again be our rehydration station. They are just a short drive away in downtown Niles.

DIRECTIONS: Madeline Bertrand Park, 3038 Adams Rd, Niles, MI [Map links in email]
The Iron Shoe, 3 N 3rd St, Niles, MI [Check out their website]

DEVIL'S LAKE: Please carefully review the attached flyer for this classic trip and give it your immediate attention. I am fired up about going back to one of our best destinations for the first time since 2017!

